

This Old House

EASY
KITCHEN
MAKEOVERS
p. 76

74 thrifty upgrades

17 KITCHEN MUST-HAVES

19 BATH IDEAS

38 PRODUCT PICKS

INSIDE

Face-lifts for
an aging fridge

Cottage-style
dining room

Quick fixes
for curb appeal

PLUS:
10 foolproof
perennials

MAY 2015
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For people with a higher risk of stroke due to
Atrial Fibrillation (AFib) not caused by a heart valve problem.



ELIQUIS® (apixaban) is a prescription medicine used to reduce the risk of stroke and blood clots in people who have atrial fibrillation, a type of irregular heartbeat, not caused by a heart valve problem.

IMPORTANT SAFETY INFORMATION:

• Do not stop taking ELIQUIS for atrial fibrillation without talking to the doctor who prescribed it for you. Stopping ELIQUIS increases your risk of having a stroke. ELIQUIS may need to be stopped, prior to surgery or a medical or dental procedure. Your doctor will tell you when you should stop taking ELIQUIS and when you may start taking it again. If you have to stop taking ELIQUIS, your doctor may prescribe another medicine to help prevent a blood clot from forming.

• ELIQUIS can cause bleeding, which can be serious, and rarely may lead to death.

• You may have a higher risk of bleeding if you take ELIQUIS and take other medicines that increase your risk of bleeding, such as aspirin, NSAIDs, warfarin (COUMADIN®), heparin, SSRIs or SNRIs, and other blood thinners. Tell your doctor about all medicines, vitamins and supplements you take. While taking ELIQUIS, you may bruise more easily and it may take longer than usual for any bleeding to stop.

• Get medical help right away if you have any of these signs or symptoms of bleeding:

- unexpected bleeding, or bleeding that lasts a long time, such as unusual bleeding from the gums, nosebleeds that happen often, or menstrual or vaginal bleeding that is heavier than normal
- bleeding that is severe or you cannot control
- red, pink, or brown urine; red or black stools (looks like tar)
- coughing up or vomiting blood or vomit that looks like coffee grounds
- unexpected pain, swelling, or joint pain, headaches, feeling dizzy or weak

• ELIQUIS is not for patients with artificial heart valves.

• Spinal or epidural blood clots (hematomas). People who take ELIQUIS, and have medicine injected into their spinal and epidural area, or have a spinal puncture have a risk of forming a blood clot that can cause long-term or permanent loss of the ability to move (paralysis).

I was taking warfarin. But ELIQUIS was a better find.

I TAKE ELIQUIS® (apixaban) FOR 3 GOOD REASONS:

- 1 ELIQUIS reduced the risk of stroke better than warfarin.
- 2 ELIQUIS had less major bleeding than warfarin.
- 3 Unlike warfarin, there's no routine blood testing.

ELIQUIS and other blood thinners increase the risk of bleeding which can be serious, and rarely may lead to death.



Ask your doctor if ELIQUIS is right for you.

This risk is higher if, an epidural catheter is placed in your back to give you certain medicines, you take NSAIDs or blood thinners, you have a history of difficult or repeated epidural or spinal punctures, tell your doctor right away if you have tingling, numbness, or muscle weakness, especially in your legs and feet.

• Before you take ELIQUIS, tell your doctor if you have kidney or liver problems, any other medical condition, or ever had bleeding problems. Tell your doctor if you are pregnant or breastfeeding, or plan to become pregnant or breastfeed.

• Do not take ELIQUIS if you currently have certain types of abnormal bleeding or have had a serious allergic reaction to ELIQUIS. A reaction to ELIQUIS can cause hives, rash, itching, and possibly trouble breathing. Get medical help right away if you have sudden chest pain or chest tightness, have sudden swelling of your face or tongue, have trouble breathing, wheezing, or feeling dizzy or faint.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see additional important Product Information on the adjacent page.

Individual results may vary.

Visit ELIQUIS.COM
or call 1-855-ELIQUIS

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Eliquis.
(apixaban) tablets 25mg

IMPORTANT FACTS about ELIQUIS® (apixablen) tablets

The information below does not take the place of talking with your healthcare professional. Only your healthcare professional knows the specifics of your condition and how ELIQUIS may fit into your overall therapy. Talk to your healthcare professional if you have any questions about ELIQUIS (apixablen) tablets.

What is the most important information I should know about ELIQUIS (apixablen)?

For people taking ELIQUIS for atrial fibrillation, do not stop taking ELIQUIS without talking to the doctor who prescribed it for you. Stopping ELIQUIS increases your risk of having a stroke. ELIQUIS may need to be stopped prior to surgery or a medical or dental procedure. How doctors will tell you when you should stop taking ELIQUIS and when you may start taking it again. If you have to stop taking ELIQUIS, your doctor may prescribe another medicine to help prevent a blood clot from forming.

ELIQUIS can cause bleeding which can be serious and rarely life-threatening. This is because ELIQUIS is a blood thinner medicine that reduces blood clotting.

You may have a higher risk of bleeding if you take ELIQUIS and take other medicines that increase your risk of bleeding, such as aspirin, aspirin-like drugs, blood thinners, NSAIDs, warfarin (COUMADIN®), heparin, selective serotonin reuptake inhibitors (SSRIs), or serotonin reuptake inhibitors (SRIIs), and other blood thinning medicines, or if you are on blood dialysis.

Tell your doctor if you take any of these medicines. Ask your doctor or pharmacist if you are not sure if your medicine is one listed above.

While taking ELIQUIS

- you may be more easily
- it may take longer than usual for any bleeding to stop.

Call your doctor or get medical help right away if you have any of these signs or symptoms of bleeding when taking ELIQUIS:

- unexpected bleeding or bleeding that lasts a long time, such as:
 - bruising, bleeding from the gums
 - nosebleeds that happen often
 - menstrual bleeding or vaginal bleeding that is heavier than normal
- bleeding that is worse or you cannot control
- red, pink, or brown urine
- red or black stools (like tar)
- cough up blood or blood clots
- vomit blood or your vomit looks like coffee grounds
- unexpected pain, swelling, or joint pain
- headaches, feeling dizzy or weak

ELIQUIS is not for patients with artificial heart valves.

Spinal or epidural blood clots (hematomas)

People who take a blood thinner medicine prescribed like ELIQUIS and have medicine injected into their spinal and epidural areas to have a spinal puncture have a risk of

forming a blood clot that can cause long-term or permanent loss of the ability to move (paralysis). Your risk of developing a spinal or epidural blood clot is higher if:

- a thin tube called an epidural catheter is placed in your back to give you pain medicine
 - you take NSAIDs as a medicine to prevent blood from clotting
 - you have a history of difficult or repeated spinal or epidural punctures
 - you have a history of problems with your spine or have had surgery on your spine
- If you take ELIQUIS (apixablen) and you need spinal anesthesia or have a spinal puncture, your doctor should watch you closely for symptoms of spinal or epidural blood clots or bleeding. Tell your doctor right away if you have tingling, numbness, or muscle weakness, especially in your legs and feet.

What is ELIQUIS?

ELIQUIS is a prescription medicine used to:

- reduce the risk of stroke and blood clots in people who have atrial fibrillation.
- reduce the risk of forming a blood clot in the leg and lungs of people who have just had hip or knee replacement surgery.
- treat blood clots in the veins of your legs long after (within 6 to 12 weeks) having a hip or knee replacement, and reduce the risk of them coming again.

It is not known if ELIQUIS is safe and effective in children.

Who should not take ELIQUIS?

Do not take ELIQUIS if you:

- currently have certain types of abnormal bleeding
- have had a serious allergic reaction to ELIQUIS. Ask your doctor if you are not sure.

What should I tell my doctor before taking ELIQUIS?

Before you take ELIQUIS, tell your doctor if you:

- have had any liver problems
- have any other medical condition
- have ever had bleeding problems
- are pregnant or plan to become pregnant. It is not known if ELIQUIS will harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if ELIQUIS passes into your breast milk. You and your doctor should decide if you will take ELIQUIS or breastfeed. You should not do both.

Tell all your doctors and dentists that you are taking ELIQUIS. They should talk to the doctor who prescribed ELIQUIS for you before you have any surgery, medical or dental procedure

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Contents

THIS OLD HOUSE MAY 2015

Kitchen and bath special

- 29 **before + after: kitchen**
A long-pending wish was the open space for food prep and family fun
- 35 **before + after: bath**
An island by the tub, window treatments and a new top on the shower ledge filled the room
- 40 **fresh finds, fast fixes**
From a new sink to a new shower head, a few updates made a big difference
- 70 **your kitchen must-haves for less**
15 ways to get the most out of your kitchen space
- 84 **19 budget-smart bath updates**
From a new shower head to a new vanity, these savvy suggestions

Idea file

- 57 **Photoshop redo**
A pair in South Carolina are transforming a bland Colonial exterior building facade
- 68 **room at the top**
An approach to the attic, an American-style design and modern updates bring a new room
- 88 **four-season star**
A greenhouse, outdoor garden path and a covered deck throughout the year

20-57
40-57
40-57
57-68
70-84



PP. 20-57
16-17
40



Cover Photos by ALAN BOUTIN
Styling by KATHY GILBERT

MAY 2015 THISOLDHOUSE.COM 5



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88
FORD
ALLEN
STAN

40
KITCHEN •
BATH
SPECIAL

home solutions

- 25** **Walt** must mena holder, 100ms for up fire, truck not your Dodge's favorite high efficiency machine. Budget friendly entry ends, and more

TOH tv

- 24 space for the whole family**
A rowlock, one facing an addition atop a garage, has something for everyone.

upgrades

- 45 **landscaping** Two pros pick plants and materials that will grow in your garden
- 54 **get this look for less** Cottage dining room

how-to projects

- 49 **paint ideas** Replicate a home's headboard
- 63 **weekend remodel** Bring a blank wall to vibrant life with a vertical garden

ask this
old house

- 997 Q+A** Gifts for scribbling
in your garden are available
above: planting hot, make
matching mortar, dampen
overhead water—and more
- 998 editors' picks**
Stirrent, stuns, new products
you'll find here about
- 999 Norm's tricks of
the trade** I, restyled, no
more cuts for window trim,
evened a concrete floor

ON EVERY ISSUE

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11: clocklist
204: directory
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## Reader mail



**A DOG ON THE PORCH**, a beloved shade tree—readers' comments on our March 2015 issue recalled what welcomes them home. Others pointed out a safety concern, and lots of you proudly sent pics of the projects you based on our recent *DIY Gift Guide*.

### Dropped appeal

When I took the March issue out of the mailbox, the first thing I saw was the dog on the cover. Next were the words "Curb appeal ideas that add value." My idea would be a rescued dog in every yard!

—TOMMYPHILLY HAMPSTEAD, MD

### Tribute to a tree

Re "All about Shade Trees": I have a 70-foot chestnut tree that is just magnificent. It bursts into bloom in spring, with panicles of flowers. The best go mad for it. In summertime, it gives the densest shade, so no matter how hot it gets, there's a cool place for the dog and me to lounge. In fall, the leaves turn a deep gold that glows in the sun. The leaves and chestnuts drop, and it takes me and a handful of nieces and nephews hours to rake them all up, after which we have a bonfire and apple cider.

women, its beautiful black shape is outlined in snow, like a poem. What else could give so much joy?

—(2015) *Amphibien und Reptilien*. Berlin: Springer.

### Stair safety

The decor in "Boozing Up the Chorus" unfortunately also boozes up a hazard with the small table placed on the staircase's rear landing. This creates a bottle-neck and a trip hazard.

—RICHARD FINE, *WINDYVILL MAJOR*

**THE EDITORS REPLY:** A good point, one that several readers commented on. We'll add that one of the biggest factors in stair safety is attention, so be mindful, use the rail, and be extra careful when carrying anything.

THE EDITORS: E-mail: [TON\\_letters@broadstreet.com](mailto:TON_letters@broadstreet.com)

Great picnic gift!

COMMUNITY DEVELOPMENT BY NAME

Just wanted to share a picture of the six pack carriers I made as gifts, following (sort of) the steps in your recent DIY G&G Guide. I made great use of hardware from past projects too. The carriers were very well received, especially when filled! [Find all the g&g guide instructions at [thelittlehouse.com/july2013/](http://thelittlehouse.com/july2013/)]



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## Checklist MAY 2015

*Easy ways to  
improve your home  
right now*

### 6 FAST FIXES

- ☐ **Donate and DIY materials**  
Take spare supplies to a local recycling center, such as Habitat for Humanity ReStores, to make room for this season's project materials.



- ☐ **Water plants effectively**  
Water houseplants in the hot afternoon, so morning soaks are better—plus, cooler temps mean less chance of fungal disease.

- ☐ **Inspect outlets**  
Ensure that outlets aren't too hot to the touch, discolored or buzzing. If an outlet seems suspect, stop using it and call an electrician right away.

- ☐ **Service sliding doors**  
They'll slide more easily with quick vacuuming. Use a toothbrush to clear weep holes of any remaining dirt.

- ☐ **Shine up stainless steel**  
Wipe surfaces in the direction of the grain with a soft cloth dipped in white vinegar, then buff with a dry cloth.

- ☐ **Replace your fridge's water filter**  
It loses effectiveness over time, so be sure to swap it out twice yearly for better tasting H<sub>2</sub>O.

### ☒ **Attract butterflies**

Create a haven for these pretty pollinators with a variety of native flowers, as agaves. Near-rich blooms in vibrant colors draw adult butterflies, but you'll also need plants for caterpillars to munch on once they hatch. Plants and butterflies vary by region, so visit local butterfly gardens for inspiration. Make sure your refuge also provides other butterfly essentials: including shelter, water, and plenty of sun.



### ☐ **Breathe easier during a remodel**

Dusty spring rains also mean lots of pollen indoors in your kitchen. Keep irritants at bay by wearing work-safe gloves with plastic sheathing, using a portable fan in a window to help pull air outside. Invest in the workplace: wear protective clothing, a respirator mask, and goggles, remove clothing before leaving to avoid tracking pollen through the house.



- ☐ **Make decks barefoot-friendly**  
Ward off injury during barbecue season by checking decks for splintering, cracked or rough wood, and pugged nails from previous repairs. Replace any protruding nails with more secure 3-inch deck screws, and sand down splintered areas before giving the whole deck a fresh coat of sealant.

### ☐ **Freshen up entryways**

After a long spring weather, it's time to give entry porches and landings some TLC. Wash away dirt with a hose, then use a squeegee to wipe down the front door.



Use glass cleaner and a lint-free cloth to clean the windows, wiping horizontal or by cause slide and vertically on the other so that you can see any leftover streaks.



# BEHIND-THE-SCENES CLEAN



You've wiped the counters and washed the dishes, swept the floor and cleaned inside the fridge. Your kitchen may appear spotless on the surface, but what about the places you can't see? Here's a few of our favorite tips for getting every nook and cranny of your kitchen sparkling, just in time for spring!



► **OVEN:** Did you know that the cleaner your oven the quicker it can reach desired cooking temperatures? Try Mr. Clean Magic Eraser Extra Power to regularly clean the inside walls, racks and even door for a more efficient appliance.

► **MICROWAVE:** Peek inside your microwave and you're likely to be surprised by the mess caused by frequent use. Mr. Clean Magic Eraser Extra Power lifts away



► **RANGE HOOD:** Grease and buildup in your kitchen's exhaust system will block the flow of air, hindering it to cook and removing odors, smoke, and odors. Scrub—or replace—your filter every six to twelve months to keep your vent working properly.



built-up grease and baked-on stains. It even cleans tough grime faster than the leading all-purpose bleach spray cleaner.



There's a Magic Eraser perfect for every room in the house. Visit [cleanbook.com](http://cleanbook.com) to learn more!



► **REFRIGERATOR:** Dust build-up on the coils of your refrigerator will make it work less efficiently—and cost more to run. Carefully slide the refrigerator away from the wall, vacuum the coils and wipe down with a dry cloth.



► **DISHWASHER:** It may sound like a contradiction, but the inside of your dishwasher can indeed get very dirty. A dishwasher safe cup of plain white vinegar placed on the top rack throughout one cleaning cycle on hot will help loosen grime, sanitize and freshen the washer.

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# home solutions

Edited by Michelle Browner

INSIDE | LOUSES | GRILLING TIPS | EASY UPGRADES | HOUSEHOLD HELP | MORE

## Tidy takeout container

Ordering out at the end of a busy day can be a major time-saver. Having to rifle through a messy menu drawer, not to mention a hundred ways to hold the clutter, isn't a well-thought-out menu holder like the one here. We cut plywood to size and framed it with 1x4s, then made an angled lip from a 1x4, cut into two wedges and joined and welded. A coat of milk paint (I used Nantux and Sem's Milk Paint, Sem's Yellow) gives it a pop of sunny color, and a rectangle of green chalkboard paint lets you customize a message—or scribble down your order. All that's left? Just look back and wait for the delivery guy.



DIY BY: JENNY S.



↑  
A 3.5-inch piece of solid oak corner molding secures a red lip piece for chalk.

SEE HOW IT'S DONE  
For the complete step-by-step  
and photo gallery, go to  
[MarvinWindows.com/My2011](http://MarvinWindows.com/My2011)









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SSG Matthew DeWitt and his family

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## Best woods for grilling

Adding wood chips or chunks to a hot coal fire amps up the flavor of your food, but some varieties work better than others. We talked to chef Stefan Seiver, the author of *Where There's Smoke, There's the Lowdown on Foodproof Pairings*. —*W. H. H.*

### APPLE WOOD

The most popular fruitwood found in many stores and home centers, it adds a tangy, sweet flavor to food. Think of it as the butter of smoking wood. It goes with almost everything, though it's great with pork and poultry," says Seiver.

### HICKORY

This wood's deep, bacon-like flavor is a good match for hamburgers, fatty beef cuts, and lean pork.

### MESQUITE

A staple of Southern cooking, this wood has an aggressive flavor

that's best reserved for a steak with a spicy herb rub.

### OAK

An all-star player, Oak goes with all meats and many types of seafood. It's a wise, no-nonsense choice for long, slow smoking, imparting a mild, woody flavor with a hint of vanilla and citrus.

### PEACH

Delicate and light in flavor, this fruitwood works especially well with seafood, shellfish in particular. Though you can also use it with pork and poultry in a pinch.



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## Face-lifts for your fridge

When you're in the luck of a remodel, use some appliances you take a heartbeat to every thing else. But that doesn't mean you have to live with an ugly old fridge. Here, three from our popular blog show how to give your kitchen the star treatment. —MELISSA GARDNER



► **Chalkboard paint**  
Plan to seal both the front and sides of your fridge with chalkboard paint. Remove the edge handle, then lightly sand all over. Wipe clean with a damp rag to help the paint cling to the slick front.

Shaw's Best Glass Chalkboard Paint, \$42 at home centers

► **Put-together wallpaper**  
Add playful style to a couple of doors with peel-and-stick wallpaper. With the fridge handle removed, tape surfaces with a damp rag to create maximum cling. Apply the paper from top to bottom, smoothing out any bubbles as you go. Shows: 2 by 4-foot sheet, \$25 at home centers



► **Boardboard panels**  
Cut boardboard and glue it to the fridge doors. For a twist, mill it to the shape of an old wooden plank handle. Use a pushpin to secure the wall and drill through the back and secured with a plug. Adhere the panels with polyurethane glue. Then use edge with half-round molding painted to match.

Shaw's MCF woodcut panel 4-by-24-in. 1/2-in. thick, \$5. Angle: 1/2-in. thick, 1/2-in. thick, \$10 at home centers



## Auto-aisle cleaning hacks

Productivity is a top priority for busy homeowners. Here are some household cleaning hacks that can save you time and money. —MELISSA GARDNER

### TURTLE WAX KIT INTERIOR CLEANER & PROTECTANT

**How to use:** Fill a spray bottle with the cleaner. Spray on the interior of the car. Wipe off with a clean cloth. This is a great way to keep your car's interior looking like new.

### WAX DUST REMOVER SPONGE

**How to use:** Clean your car's interior with the sponge. Wipe off the dust and wax. This is a great way to keep your car's interior looking like new.

### SEA FORMER'S B-GONE MULTI USE CLEANER

**How to use:** Spray the cleaner on the surface to be cleaned. Wipe off with a clean cloth. This is a great way to keep your car's interior looking like new.

### CHAMGOE CLOTH

**How to use:** Wipe the cloth on the surface to be cleaned. This is a great way to keep your car's interior looking like new.

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## High-efficiency washers

Is your old machine misbehaving? One of these energy-sippers will pay for itself over time while easing the washday routine.

Today's high-efficiency (HE) washers make ditching one that's on its last legs all the more appealing. You can save \$100 or more each year on utility bills, thanks to wash tubs that spin faster, use less water, and wring out more of it per load, requiring less dryer time. Though front-loading machines still lead the category, HE top-loaders are gaining, with their larger capacities and lack of old-school agitators, so there's less wear and tear on clothes. Tired of dealing with detergent—or having to visit the laundry room while cooking dinner? The new washers are smarter, too. Here's what to consider before taking the HE plunge.

—CHRISTOPHER



This machine lets people laundry from afar using their smartphones.

Smart: GE's new STAW00000000 high-efficiency top-loading washer (estimated May 13, 2014) features a smart app.

BEFORE YOU BUY...

### STUDY THE LOADING OPTIONS

Most HE washers are Energy Star-certified (include some 20 percent less energy). Front-loaders can facet: an agitator-free design, and a bit gentler on clothes. But they also shake most surfaces at an angle, which can cause (about \$25 of erosion over 10 years). Top-loaders are slightly less efficient than front-loaders but allow for late additions to the load and cost about \$200 less (the one here starts at \$799).

### ASSESS YOUR SPACE

Wash-tumble room is tight, you can stack a front-loading washer and dryer or add a clothesline to a counter. For both front- and top-loaders, allow 27 1/2 inches for side-by-side installation (with 1 inch between units) or 30 inches for a top-loader. If you're stacking, allow 48 inches at the back for vents and cords. Figure on 35 to 42 inches of height per machine—and be sure the new unit won't fit through doorways.

### LOOK FOR LAUNDRY SAVERS

Delay, start, and stop at your convenience. Some automatic dispensers can hold enough detergent for multiple washes. Tide model STAW00000000 washes with 30 wash cycles can handle lightly soiled loads, reducing the usual hour-plus wash time by 15 percent or more. Smartphone apps let you check load status, add cycles, and turn the machine on or off while doing other things. Large-dial digital displays and control buttons are also available.

### CONSIDER A SET

Matching washers and dryers, rarely separate Energy Star washers, dryers, and the odds that would dryer is on borrowed time, are more likely to replace both your washer and dryer at the same time.

## TURN LAUNDRY TIME INTO TURBO TIME



SAVE UP TO 25 MINUTES IN YOUR HIGH EFFICIENCY WASH CYCLE.

HE Turbo's Smart Suds™ collapse faster to give up to 25 minutes a wash in your high-efficiency machine. Look for HE Turbo on Tide.

tide.com/he



\*Based on a marketing agreement.



## Cozy cottage entry for \$177

Board-and-batten wainscot and carefully placed hardware give a fresh new look—and purpose—to a formerly nondescript space



### THE PROJECT TALLY

Load your fabric and fabric-style paneling and topped it with a display shelf. **\$80**

Fill screw holes with wood filler, painted a web latex left over from a previous project. **\$10**

Hung hooks at different heights to accommodate tall outfits. **\$17**

Recreated the old builder's brass light fixture with new painted metal pendant. **\$70**

Topped the display ledge with photos and accessories the couple had on hand. They finished the space with everything. **\$30**

**TOTAL \$177**

**SOMETIMES WHEN YOU'RE ASKING FOR SPACE,** there's nowhere to build but up. Just ask Sade and Reagan Lewis. The entryway of their 1950s ranch in San Antonio "didn't blend much space, storage—or character for that matter." The couple dreamed of making it a functional space with space to store things in, "and they already knew that their home wasn't built with closets as it ought to." Sade's "aha" moment came after she discovered a fellow blogger's solution to the same problem: a custom board-and-batten wainscot that provides a landing zone for coats and bags without taking up a lot of space. Within the week, the couple had sketched out plans for a new-and-improved entry, with hooks for their essentials and a ledge to display artwork. Sade had lumber cut to size at the home center, and Reagan screwed pine 2x4s and 1x6s right over the drywall, then made the display shelf from a 2x3 on top of upside-down base-cup molding. Sade nailed the pieces with white paint and crossed the ledge with photos and decorative items they had on hand. A new light fixture was the final touch, adding a subtle pop of color. Now Sade loves her entry, adding, "The entryway is just as cozy as it is stylish." —WILLIAMS



PHOTO: SADE AND REAGAN LEWIS FOR HOME; PHOTOGRAPH BY ALAN LEE

The world is filled with air.



**COPD MAKES IT HARD TO BREATHE AIR. ANORO HELPS YOU BREATHE AIR BETTER.** COPD is chronic obstructive pulmonary disease.

### APPROVED USE

ANORO ELIPTA is a prescription medicine used to treat chronic obstructive pulmonary disease (COPD) in adults. COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ANORO ELIPTA is used long term to help you breathe better. It does not cure COPD or prevent COPD from getting worse. ANORO is not used to treat sudden symptoms of COPD and does not replace a rescue inhaler. ANORO is not for the treatment of asthma.

### IMPORTANT SAFETY INFORMATION

- ANORO ELIPTA is only approved for use in COPD. ANORO is NOT approved for use in asthma.
- People with asthma who take long-acting beta<sub>2</sub>-adrenergic agonist (LABA) medicines, such as albuterol (one of the medicines in ANORO), have an increased risk of death from asthma problems. It is not known if LABA medicines increase the risk of death in people with COPD.
- Call your healthcare provider if you have problems with heart rate when using ANORO.
- Get emergency medical care if you have breathing problems worse quickly or if you are not your usual self, but it does not seem to be your usual problem.
- Do not use ANORO to treat sudden symptoms of COPD. Always have a rescue inhaler with you to treat sudden symptoms.
- ANORO is not for the treatment of asthma. It is not known if ANORO is safe and effective in people with asthma.
- Do not use ANORO if you have a severe allergy to any of the ingredients in ANORO. Ask your healthcare provider if you are not sure.
- Do not use ANORO more often than prescribed.

ANORO ELIPTA is the first FDA-approved product that contains a long-acting beta<sub>2</sub>-adrenergic agonist in a inhaler. Once-daily ANORO helps you breathe better for a full 24 hours. Your results may vary.

**In clinical trials, ANORO ELIPTA helped people breathe air better than SPIRIVA® HandiHaler™.**

\*Results shown in 2 of 3 clinical trials. Individual results may vary. SPIRIVA contains a long-acting beta<sub>2</sub>-adrenergic agonist used to treat COPD and reduce COPD flare-ups. ANORO is not approved to reduce COPD flare-ups. Consulted with your doctor about benefits.

[www.anoro.com](http://www.anoro.com) and 8

Do not take ANORO with other medicines that contain a LABA or an add-on LABA for any reason. Tell your healthcare provider about all the medicines you take and about all of your health conditions. Tell us if your healthcare provider if you take medicines, including blood thinners, to increase the risk of bleeding.

• ANORO ELIPTA can cause serious side effects, including:

• sudden breathing problems immediately after using your medicine

• serious allergic reactions. Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rash, hives, swelling of the face, mouth, or throat, difficulty breathing.

• effects on your heart: increased blood pressure, fast or irregular heartbeat, chest pain.

• effects on your nervous system, tremor, no vision.

• new or worsened eye problems, including acute narrow-angle glaucoma. Acute narrow-angle glaucoma can cause permanent loss of vision if not treated. Symptoms of acute narrow-angle glaucoma may include eye pain or discomfort, nausea or vomiting, blurred vision, seeing halos or light colors around lights, and eye redness. If you have these symptoms, call your doctor right away before taking another dose.

• urinary retention. People who take ANORO may develop new or worse urinary retention. Symptoms of urinary retention may include difficulty urinating, painful urination, or urinating frequently or in small amounts. Stop taking ANORO and call your doctor right away before taking another dose.

• changes in bone or blood levels, including low levels of blood sugar, hypokalemia, and low levels of potassium.

• Common side effects of ANORO include: sore throat, sinusitis, cold, lower respiratory infection, common cold symptoms, pneumonia, diarrhea, pain in your nose, throat, muscle spasms, neck pain, chest pain.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see brief Summary of Prescribing Information for ANORO ELIPTA on the following pages.

SPIRIVA and HandiHaler are registered trademarks owned by Boehringer Ingelheim.

ANORO ELIPTA was developed in collaboration with TheraVance.



Talk to your doctor about ANORO. Visit [ANORO.com](http://ANORO.com) and sign up for updates.

\*Subject to eligibility restrictions only. See [ANORO.com](http://ANORO.com) for eligibility rules.



GSK for you

Boehringer Ingelheim

**ANORO ELIPTA®**  
lumeclidium 62.5 mcg and vilanterol 25 mcg inhalation powder



Read the Medication Guide that comes with ANORO ELIPTA. Before you start using it and each time you get a refill, there may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

**What is the most important information I should know about ANORO ELIPTA?**

ANORO ELIPTA is only approved for use in chronic obstructive pulmonary disease (COPD). ANORO ELIPTA has NOT been approved for use in asthma.

ANORO ELIPTA can cause serious side effects, including:

- People with asthma who take long-acting beta<sub>2</sub>-adrenergic agonist (LABA) medicines, such as salmeterol, as well as inhaled corticosteroids (ICS), such as budesonide, have an increased risk of death from asthma problems.
- It is not known if LABA medicines, such as salmeterol, increase the risk of death in people with COPD.
- Call your healthcare provider if breathing problems worsen over time while using ANORO ELIPTA. You may need different treatment.
- Get emergency medical care if:
  - your breathing problems worsen quickly
  - you use your rescue inhaler, but it does not relieve your breathing problems.

**What is ANORO ELIPTA?**

ANORO ELIPTA combines an anticholinergic, formoterol, and a LABA medicine, vilanterol.

Anticholinergic and LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms such as wheezing, cough, chest tightness, and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe.

ANORO ELIPTA is a prescription medicine used to treat COPD. COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ANORO ELIPTA is used long term as 1 inhalation, 1 time each day to improve symptoms of COPD for better breathing.

• ANORO ELIPTA is not for use to treat sudden symptoms of COPD. Always have a rescue inhaler (as needed, short-

acting bronchodilator) with you to treat sudden symptoms. If you do not have a rescue inhaler, contact your healthcare provider to have one prescribed for you.

- ANORO ELIPTA is not for the treatment of asthma. It is not known if ANORO ELIPTA is safe and effective in people with asthma.
- ANORO ELIPTA should not be used in children. It is not known if ANORO ELIPTA is safe and effective in children.

**Who should not use ANORO ELIPTA?**

Do not use ANORO ELIPTA if you:

- have a severe allergy to milk proteins. Ask your healthcare provider if you are not sure.
- are allergic to succinylcholine, succinylcholine, or any of the ingredients in ANORO ELIPTA. See "What are the ingredients in ANORO ELIPTA?" on next page for a complete list of ingredients.

**What should I tell my healthcare provider before using ANORO ELIPTA?**

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
  - have high blood pressure
  - have asthma
  - have thyroid problems
  - have diabetes
  - have liver problems
  - have eye problems such as glaucoma. ANORO ELIPTA may make your glaucoma worse.
  - have prostate or bladder problems, or problems passing urine. ANORO ELIPTA may make those problems worse.
  - are allergic to any of the ingredients in ANORO ELIPTA, any other medicines, or food products. See "What are the ingredients in ANORO ELIPTA?" on next page for a complete list of ingredients.
  - have any other medical conditions
  - are pregnant or planning to become pregnant. It is not known if ANORO ELIPTA may harm your unborn baby.
  - are breastfeeding. It is not known if the medicines in ANORO ELIPTA pass into your milk and if they can harm your baby.
- Tell your healthcare provider about all the medicines you take, including prescription and over the counter medicines, vitamins, and herbal supplements. ANORO ELIPTA and certain other medicines may interact with each other. This may cause serious side effects.

Especially tell your healthcare provider if you take:

- anticholinergics (including Detrol<sup>®</sup>, Protonix<sup>®</sup>, Ativan<sup>®</sup>, and others)
- atropine

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

**How should I use ANORO ELIPTA?**

Read the step-by-step instructions for using ANORO ELIPTA at the end of the Medication Guide.

- Do not use ANORO ELIPTA unless your healthcare provider has taught you how to use the inhaler and you understand how to use it correctly.
- Use ANORO ELIPTA exactly as your healthcare provider tells you to use it. Do not use ANORO ELIPTA more often than prescribed.
- Use 1 inhalation of ANORO ELIPTA 1 time each day. Use ANORO ELIPTA at the same time each day.
- If you miss a dose of ANORO ELIPTA, take it as soon as you remember. Do not take more than 1 inhalation each day. Take your next dose at your usual time. Do not take 2 doses at one time.
- If you take too much ANORO ELIPTA, call your healthcare provider or go to the nearest hospital emergency room right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or dizziness.
- Do not use other medicines that contain a LABA or an anticholinergic for any reason. Ask your healthcare provider if you should use any of your other medicines as LABA or anticholinergic medicines.
- Do not stop using ANORO ELIPTA unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ANORO ELIPTA does not relieve sudden symptoms. Always have a rescue inhaler with you to treat sudden symptoms. If you do not have a rescue inhaler, call your healthcare provider to have one prescribed for you.
- Call your healthcare provider or get medical care right away if:
  - your breathing problems get worse
  - you need to use your rescue inhaler more often than usual.

(continued on next page)

- your rescue inhaler does not work as well to relieve your symptoms.

**What are the possible side effects with ANORO ELIPTA?**

ANORO ELIPTA can cause serious side effects, including:

- See "What is the most important information I should know about ANORO ELIPTA?"
- Sudden breathing problems immediately after taking your medicine.
- Serious allergic reactions. Call your healthcare provider or get emergency medical care if you get any of the following symptoms of an allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- Effects on your heart:
  - increased blood pressure
  - a fast and/or irregular heartbeat
  - chest pain
- Effects on your nervous system:
  - tremor
  - nervousness
  - new or worsened eye problems, including acute narrow-angle glaucoma. Acute narrow-angle glaucoma can cause permanent loss of vision if not treated. Symptoms of acute narrow-angle glaucoma may include:
    - eye pain or discomfort
    - nausea or vomiting
    - blurred vision
    - seeing halos or bright colors around lights
    - red eyes

If you have these symptoms, call your doctor right away before taking another dose.

- Urinary retention. People who take ANORO ELIPTA may develop new or worse urinary retention. Symptoms of urinary retention may include:
  - difficulty urinating
  - painful urination
  - urinating frequently
  - urination in a weak stream or drops

If you have these symptoms of urinary retention, stop taking ANORO ELIPTA

and call your doctor right away before taking another dose.

- Changes in blood sugar levels, including high levels of blood sugar (hyperglycemia) and low levels of potassium (hypokalemia).

Common side effects of ANORO ELIPTA include:

- sore throat
- sinus infection
- lower respiratory infection
- common cold symptoms
- constipation
- diarrhea
- pain in your arms or legs
- muscle spasms
- neck pain
- chest pain

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ANORO ELIPTA. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**What are the ingredients in ANORO ELIPTA?**

Active ingredients: succinylcholine, succinylcholine, formoterol, and a LABA medicine, vilanterol.

Other ingredients: lactose monohydrate, croscarmellose sodium, magnesium stearate.

Ask your healthcare provider or pharmacist for additional information about ANORO ELIPTA. You can also contact the company that makes ANORO ELIPTA (see box) at 1-888-625-5240 or at [www.novartis.com](http://www.novartis.com).

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Research Triangle Park, NC 27709

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THAT OLD  
**House**



## Bright and open

Merging the kitchen and the dining area creates one big happy family hangout

BY MICHAEL BAUER • PHOTOGRAPHY BY ALICIA HARTEN

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SOMETIMES IT TAKES a larger problem to finally spur the solution to a smaller one: Brian Sammons and Jani Blase had been living in their 1927 Tudor Revival for nearly a decade,

dismayed with the cramped galley kitchen but otherwise content with the Seattle house. Then cracks in the foundation appeared, necessitating a renovation—and prompting them to take a good look at what they wanted from their cook space.

Their priorities: open sight lines and lots of workspace, to give the couple and their two children room to spread out, even when they were all doing different things. With the help of a local firm, J.A.S. Design Build, the couple decided on a wide-open floor plan that fused cooking and dining areas and also called for a 9-foot rear exposure.

The result is a big, bright space with an island that seats three, a table that fits eight, and yards of counter space, a long wall of windows. Upper cabinets lost in the shut-up are compensated for with island storage, lots of deep base-cabinet drawers, and a handy little wall of built-ins. “The new kitchen is exciting and cozy without being too crowded,” says Brian. “Our kids can do homework at the table while we cook at the stove, and it still feels like we’re together.”



BEFORE

**BEFORE** The counter-then-dining room provided little room to work, and a separate breakfast nook broke up the cooking and dining spaces. **AFTER** An open layout with a large island offers lots of room to spread out and plenty of storage. Cabinets: Bellocraft Cabinet Company. Range: Wolf. Peninsula Vinyl A Hood Pendant light: Manhattan Company.





Homesense (on the left) and son Austin gather around the new island, which is tucked into the kitchen's work zone. The space is salvaged for her: a built-in dining nook where the Tudor-style home's exterior details.

#### SHARE YOUR REMODEL



It's a great idea to share your remodel on social media. You can find a link to share your remodel on the COZI app or go to [cozi.com/cozi](http://cozi.com/cozi)

#### after

Pushing the back out 9 feet created an entry porch and allowed for a large open-plan cooking and dining space lined with windows.

2) Created an almost square space for a new entry dining area that is visible from the kitchen.

#### before

The old galley kitchen lacked storage, counter space, and natural light.



3) Added a storage island with an open food prep surface tucked into the reconfigured and relocated work triangle.



4) Put in wall of built-ins for storage, display, and cookbooks with a counter for serving.

5) Carved out a pretty closed that makes a feel from the living room. It has an archway and an interior window salvaged during the redo.

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The cook space looks out onto an easy dining area and peeks into a carter parking. The wall at hand has built-in functional storage, with heated glass cabinet doors and a salvaged marble counter.



New energy-efficient windows match the look of the original ones. These window styles make them easy to operate when reaching over a deep counter.

An apron-front sink, exposed-wood faucet, and granite countertops and vintage chairs, while made-to-order, are a subtle nod to the modern look. (See photos of the kitchen in the next section.)



#### homeowner tip

“Using the same air for the base cabinets and the ceiling beams helps with the look of the kitchen, even with the various paint colors added throughout.”



The curved detail on the island counter is a show-off the thick edge, granite edge, while the air is blue base brings out its warm tones. (See photos of the kitchen in the next section.)

## Heating and Cooling Your Old House

### The hard way, or...

Window air conditioning units are noisy, drafty and unsightly. And installing conventional air duct systems in old houses often requires carving up closets and walls at great expense and disruption.

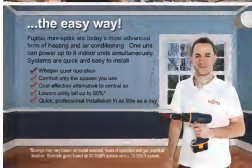
- ✓ Noisy window A/C keeps you from hearing the TV
- ✓ Lose valuable closet space to ductwork
- ✓ \$20,000 quotes for central air give you sticker shock
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- ✓ Quick, professional installation in as little as a day



\*Savings may vary based on model selected, hours of operation and geographical location. Example given based on 20,000 BTU system versus 30,000 BTU system.

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PHOTO: JEFFREY J. HARRIS FOR REAL CEDAR

## Long on luxury

Luminous finishes and a smart layout turn a narrow space into a relaxing retreat. BY JENNIFER BALEWYN • PHOTOGRAPHY BY ALISTAIR BROWN

WHEN LIFE hands you an impossibly long, skinny space, think about Jennifer DeLaney and Chris Real. Their challenge began when they asked architect Lauren Seretian to design a three-story rear addition for their 1914 house, in St. Louis, no deeper than 8 feet. One result was a ribbon of space running nearly 17 feet across the back of the second floor—as opportunity, the couple ultimately decided, to decamp from the small full bath they had been sharing and create a spa-like space off their bedroom. One existing bath had subway tile, another had a claw-foot tub. “I wanted to re-create that look,” says Jennifer. Working with interior designer Josh Spear and general contractor Steve McMillan, the couple turned the focal point of the new bath—an updated freestanding tub—with glass pocket doors, screened for privacy. “We have two tubs who love to come basking out the bedroom,” says Jennifer with a laugh. She adds, “With the new windows, there’s wonderful light. It’s such a pretty scene. And it fits so well with the rest of the house.”



**BEFORE** The full bath the couple had been using was short and narrow, with little lighting. **AFTER** The roomy new master bath is part of an addition, has a window box, radiant floor heating. Marble floor tile was hand cut for more classical nod to the designer's mid-century modern aesthetic. The new bath has a freestanding tub, a glass-enclosed shower, and a large window. The new bath has a freestanding tub, a glass-enclosed shower, and a large window. The new bath has a freestanding tub, a glass-enclosed shower, and a large window.



• before + after:  
bath

Figgy vanities were  
replaced with a dark  
stainless-steel Art Deco  
bathroom. Photos:  
McAllen Collaborations;  
Storace Rejuvenation



#### SHARE YOUR REMODEL

After the remodel, the bathroom is a complete transformation. The new vanity and tub/shower area are a perfect fit for the space. The new vanity and tub/shower area are a perfect fit for the space. The new vanity and tub/shower area are a perfect fit for the space.

#### after

The new 142-square-foot space, located  
in an addition, is large enough for twin  
vanities plus a separate tub and shower.

1) Opened up the new  
exterior wall with a row  
of three windows.

2) Opted for  
two separate  
custom vanities  
to maximize the  
available space.



3) Installed the shower  
in a seamless  
glass to let  
natural light  
flow through  
the space.

4) Replaced a  
window in the  
original exterior  
wall with glass  
pocket doors.

5) Centered the  
tub under the  
light line from  
the bedroom.

6) Hid the toilet  
in a corner alcove  
with its own  
pocket door.

New still features include  
dark-stained tile in updated  
blue and white marble covering  
the shower niche and floor, and  
white marble subway tile  
on the walls. See Art Deco

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No additives in our tobacco does not mean a safer cigarette. Organic tobacco contains 100% natural and 100% organic. No additives in our tobacco does not mean a safer cigarette.



• before • after:  
bath

The vanity tops are quartzite, a stain-resistant natural stone. Vanity tops: Grainger Home Concepts. Faucet: Grohe



The graphic look business trim was inspired by other rail designs in the house. Outlets in the medicine cabinet reduce vanity-top clutter. Cabinet: Armoire. Countertops: Grainger Home Concepts. Faucet: Grohe. Trim: Whicker Ziegler



The toilet is tucked discreetly in a corner, shielded by a pocket door. Paint (walls): Sherwin Williams. Waterworks. Toilet: Toto



**pro advice** JONATHAN INTERIOR DESIGNER, ST. LOUIS

"A graphic floor pattern can be oriented to draw the eye toward the most important focal point in a room—in this case, the freestanding soaking tub."



A custom cabinet holds towels and extra supplies. Hooks and pulls: TopKnobs

**YOUR  
This Old  
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THE READER-CREATED ISSUE



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Introducing 23  
inventive new ways  
to upgrade your  
kitchen and baths  
BY TISEA LEUNG AND KATE LUN HUI

BYTUSSELLING AND KATELIN HUI



Think beyond this-line segments. The sharply 4-inch corner wall-toe. Antiquesque hand-carved fluted M together for an updated design in 11 matte colors. From \$35 per square foot, available now.



The great advantage of this articulating A-frame prodder makes it fit for any tight kitchen, and the supplier has a one long reach Magna secure trolley docking. **Refract Institute stainless steel vessel.** From £200, 4000 mm.

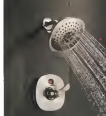


This simple 2 by 4-foot helpdesk, aptly called the Server Funnelboard, provides a Mail grabber box. One side has two open shelves and drawers, and the other on square is two bins only. [www.needshelp.com](http://www.needshelp.com)



Hardware in your shade of light colors chosen each item comes with a track a larger wheels and sliding guide. \$433. includinghardware.com

From the people who pioneered the raia-style India come the 30-inch Raia Stove, eight standard colors, including India Green, shoes, and 200 custom shades. Its raia legs were tipped with polished burners. Turnable to match 25,000 Raia. \$4,245. [raia.com](http://raia.com)



The Tropic's light indicator goes from blue to orange to red as the shower heats up, saving energy amounts of adding a second showerhead or taking a cold shower. [tropicshower.com](http://tropicshower.com)



This chrome, inverted plug is left-hand and two-slice toaster, members of Smeg's new 58's Retro Style collection sport ribbed powder-coated bodies in seven cheerful colors. Ask for \$249.95 or call 1-800-444-2444.



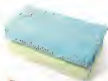
IDEA is all new kitchen system the Sektion Collection, a first more than twice the storage and countertop options, plus deeper cupboards, four door styles and up to two 36" islands to create a dream. About \$2,999/lin. 30-Apr-09 [dickblocher.dana.com](http://dickblocher.dana.com)



With a built-in hand vac and a 180° swiveling head, the bagless ErgoSpide is not your average floor-finish stick. Its self-cleaning brush's roll feature puts an end to scratches. And the new quick-release cord keeps you from pulling your hands. Please, call 800-electronic.com



**Soft-coffee Quick On-leads** In a choice of 12 colors, these midlayer briefs and worn-in feel quick-dry come summer. The waffle weave allows air to circulate and wicks away body sweat about 30 percent faster than standard cotton. \$14 for 10 percent off. [bit.ly/1333333](http://bit.ly/1333333)



A witty, telegenic industrial-chic tables and stools. Stearns Park beds and pull-downs feature all-foam, including this gleaming UltraSuspended Brass. \$799 to \$2,799 each. [alishahome.com](http://alishahome.com)



#### VINTAGE GLOW

The well-priced brushed-ni-dial Brookside has a 22-inch protective glass shade for diffused light and a metal chain hanging from cord and roller cover. Shown here in a safe on a new cover on wheels for a dash of industrial style. \$25. [modernlighting.com](http://modernlighting.com)



#### ON-TREND STORAGE

Home center cabinets from American Woodmark's new cabinet is a forward-looking play with color. Painted Storm Door styles include French, Chalkboard, Beating, and Savanna. From \$145 per linear foot. [homedepot.com](http://homedepot.com)



COLOR MEANS

#### NEW LOOKS IN LAMINATE

Formica's fresh, updated retro style, along with a glossy new scratch-resistant finish, will give Jonathan Adler's Calmness. Choices include neutral Lacquered Linen (available in a new orange-drink Red/Gold/Black). Shown from \$17 per square foot. [formica.com](http://formica.com)



#### HAVE IT YOUR WAY

Granite-topped vanities from Decora's Matt Mueller Designer Series come with an espresso-finished wood and are sold as modular. Options can change your own configuration. Available including sinks, soap and dish put-out Decors. \$499. [decora.com](http://decora.com)



#### WATER WALL

Tiling Master's "body spray" tiles come in a range of colors and are designed for easy installation. They make hanging tiles the first. Both mixed spray tile that together from JAKAR in PA, SE. Available in July from \$14.99 each, most tiles.

#### FULL SPEED AHEAD

The compact, easy-to-clean Pafel has an internal re-bulk and built-in handle that quickly spins down up to 10 cups of lettuce in just a few moves. \$35. [auntjans.com](http://auntjans.com)



#### SAFER COOKING WITH GAS

Smothering a bag pot of stock? The 36-inch Discovery Gas TwinTop can be programmed to turn off a set time. Cooker also automatically shuts off after four hours, saving a first for gas burners. \$1,099. [decor.com](http://decor.com)



#### QUITE COOL

Two five-temperature drawers and a platinum gray LED monitor with colors like the best's keeper make this. Draw. Free-standing fridge as induction is going on. The manual water dispenser is a recipe for the sleek black stainless steel stainless steel appliances. \$4,299. [kitchen.com](http://kitchen.com)



DIY KIT PICK

#### CEMENT STYLE FOR A SONG

DIY's hottest trend is engaged performance. More than 70% of 70-inch glassed ceramic tiles—no matter the size—includes from the Revolving Scheme-Full and Twisted Circle. \$1.67 each. [homedepot.com](http://homedepot.com)



#### BRIGHTER AND LIGHTER

Easier to install than most, the Porcelo undermount from Revere is available in a range of colors. The official model shown is a polished blue and is about 28 by 29 inches and weighs 20 pounds. \$427. [miller.com](http://miller.com)



#### CRACKLE 'N' POP

For a quick cabinet or vanity makeover, Grack's Hexagonal Tiles from Revere Decors look like a water-worn stone. Available in a range of colors. \$2.99 each. [homedepot.com](http://homedepot.com)

#### QUICK RETROFIT

Poplar's Touchless Toilet into the tub, at only \$14.99, is a battery-operated flush. It's also ADA compliant. Flush. A failure in the battery, you're in for a new \$14.99. [kitchen.com](http://kitchen.com)



PHOTO: JAMES H. HARRIS; STYLING: JAMES H. HARRIS



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## Power plants

Unfussy and long-lived, garden perennials pump out beautiful foliage and flowers year after year. Here, standouts everyone should grow **BY KATE KANAM**

VIEW A LOW-DROPPING garden and it's likely you're seeing the potential of perennials at work. Trees and shrubs form the bones, and annuals add bright notes to a garden, but it's perennials—herbaceous, woody plants that go dormant in fall, then return in spring—that provide the textures, forms, and calculated sequence of colorful vistas that every garden needs. Once planted, perennials can endure for years, even decades. That's why selecting them is such an important process, one that can be challenging given the myriad new species and cultivars made available every year.

To come up with a group of perennials that could be considered the backbone of any well-planned garden, we turned to horticulturists Ruth Rogers Clarys and Thomas Christopher, authors of more than a dozen books between them, including their new guide, *Essential Perennials* (Timber Press). They give us a short list of plants that deliver successive blossoms—early, mid, and late season—and grow well in most parts of the country with minimal care. For new gardeners, these tried-and-true picks are a great place to start; experienced gardeners on the hunt for exceptional cultivars will find these, too. For the details, read on.

Start out with high-summer bloom: This perennial lumina is built to last. After the daylilies fade, purple salvia and strappy leaved variegated grass keep the show going till fall.



PHOTO: JEFFREY M. HARRIS



## • landscaping



### Early risers spring to the start of summer

**1 Hebe x exoniensis** Among the first to flower, these Hebe crosses provide color while there's still snow on the ground. Pure species are commonly available along with dozens of hybrids derived from them. Plant in clusters at shade or woodland sites. Prefers rich soil and drained soil once established. tolerate drought. Partial full shade. Grow up to 2 feet high and wide. Zones 4-8  
**CHOICE CULTIVAR** The Royal Heritage (shown) tolerates up to 30 inches of snow. \$14. www.gardeners.com

**2 Fothergilla (Fothergilla)** The straight, bare root, red in a herbaceous and tree magnolia and others where other plants struggle. Blooms from late spring. The tree is large but light. The flowers are other species and hybrids. Bloom in shades of purple, yellow, or white. Plant with 1/2 inch of soil. Grow up to 2 feet high. Zones 3-8  
**CHOICE CULTIVAR** Midnight Frolic (shown) tolerates up to 30 inches of snow. \$14. www.gardeners.com

**3 Siberian iris (Siberian iris)** The straight, bare root, red in a herbaceous and tree magnolia and others where other plants struggle. Blooms from late spring. The tree is large but light. The flowers are other species and hybrids. Bloom in shades of purple, yellow, or white. Plant with 1/2 inch of soil. Grow up to 2 feet high. Zones 3-8  
**CHOICE CULTIVAR** Snow Queen (shown) is a white repeat bloomer. \$14. www.gardeners.com

### Heat seekers early to late summer

**4 Coreopsis (Coreopsis)** While the tough, no-nonsense, purple, and orange, and red, pink, and white. All flowers for months. are drought-tolerant and are resistant to deer and rabbits. Plant with soil and drainage. Prefers full sun. Grow up to 3 feet high and wide. Zones 4-9  
**CHOICE CULTIVAR** Half-Pager (shown) is a late-blooming orange. \$14. www.gardeners.com



**5 Coreopsis (Coreopsis)** While the tough, no-nonsense, purple, and orange, and red, pink, and white. All flowers for months. are drought-tolerant and are resistant to deer and rabbits. Plant with soil and drainage. Prefers full sun. Grow up to 3 feet high and wide. Zones 4-9  
**CHOICE CULTIVAR** Johnson's Blue (shown) is a late-blooming blue-flowering cultivar. \$14. www.gardeners.com

**6 Phlox (Phlox)** While the tough, no-nonsense, purple, and orange, and red, pink, and white. All flowers for months. are drought-tolerant and are resistant to deer and rabbits. Plant with soil and drainage. Prefers full sun. Grow up to 3 feet high and wide. Zones 4-9  
**CHOICE CULTIVAR** Shortwave (shown) is notable for disease resistance. \$14. www.gardeners.com

**7 Delphinium (Delphinium)** While the tough, no-nonsense, purple, and orange, and red, pink, and white. All flowers for months. are drought-tolerant and are resistant to deer and rabbits. Plant with soil and drainage. Prefers full sun. Grow up to 3 feet high and wide. Zones 4-9  
**CHOICE CULTIVAR** The New Millennium (shown) is a late-blooming blue-flowering cultivar. \$14. www.gardeners.com

### Late bloomers end of summer through fall

**8 Steudneria (Steudneria)** While the tough, no-nonsense, purple, and orange, and red, pink, and white. All flowers for months. are drought-tolerant and are resistant to deer and rabbits. Plant with soil and drainage. Prefers full sun. Grow up to 3 feet high and wide. Zones 4-9  
**CHOICE CULTIVAR** The New Millennium (shown) is a late-blooming blue-flowering cultivar. \$14. www.gardeners.com

**9 Phlox (Phlox)** While the tough, no-nonsense, purple, and orange, and red, pink, and white. All flowers for months. are drought-tolerant and are resistant to deer and rabbits. Plant with soil and drainage. Prefers full sun. Grow up to 3 feet high and wide. Zones 4-9  
**CHOICE CULTIVAR** Shortwave (shown) is notable for disease resistance. \$14. www.gardeners.com

**10 Aster (Aster)** While the tough, no-nonsense, purple, and orange, and red, pink, and white. All flowers for months. are drought-tolerant and are resistant to deer and rabbits. Plant with soil and drainage. Prefers full sun. Grow up to 3 feet high and wide. Zones 4-9  
**CHOICE CULTIVAR** The New Millennium (shown) is a late-blooming blue-flowering cultivar. \$14. www.gardeners.com

**11 MORE!**  
Find additional must-see plants at [www.gardeners.com](http://www.gardeners.com)





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## Whimsical headboard

Create a charming bed, no hammer and nails needed

BY DEBORAH BELLWIN • PHOTOGRAPHY BY DEBORAH WHITLOW/JEWELLYN

**HIDDEN IN** this sweet 2-D headboard is an important paint tip. "Start with the bedding," says Brian Carter, a decorative painter in Atlanta. "You can always match paint to fabric, but you can't always match fabric to paint." For this project, he drew two shades from the fabric to compose an accent wall as drift as a well-made bed. A coat of pink went down first, followed by broad khaki-green stripes, created with the help of a yardstick, a plumb line, and painter's tape. Enter two templates. Start with 36-inch-wide kraft paper and draw the headboard, making two square top posts slightly narrower than the stripes. Fold the paper down the middle and cut out the side that looks best. Unfold the template, position it above pillow height, outline it in pencil, then fill it in, down to mattress level, with two coats of white paint. Pencil in the scalloped post caps and dots, and paint them and the border outline with a 1½-inch artist's brush. For complete fun, the finished, draw a silhouette of a stylized bird large enough to straddle a stripe; use a stenciler or a compass to draw its perch. Flip this template so that the birds face each other. "If the stripes are evenly spaced, the set can have a relaxed look," Carter says. "Imperfections are part of the charm." ■




### WE LOVE PAINT IDEAS



For more paint ideas, visit [www.sherwin-williams.com/color](http://www.sherwin-williams.com/color) or call 1-800-4-A-SHERWIN.





## Once-a-week TANZEUM may help adults with type 2 diabetes lower their A1C.

### What is TANZEUM™ (tanzeliglutide)?

TANZEUM is an injectable prescription medicine that may improve blood sugar (glucose) in adults with type 2 diabetes, and should be used along with diet and exercise. TANZEUM is not recommended as the first medication to treat diabetes. TANZEUM has not been studied in people who previously had pancreatitis. TANZEUM is not a substitute for insulin and is not for people with type 1 diabetes or diabetic ketoacidosis. TANZEUM is not recommended in people with severe stomach or intestinal problems. It is not known if TANZEUM can be used with short-acting or rapid-acting (insulin) insulin. TANZEUM has not been studied in children under 18 years of age.

### Important Safety Information for TANZEUM

In studies with rats and mice, medicines that work like TANZEUM caused thyroid tumors, including thyroid cancer. It is not known if TANZEUM will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people. Do not use TANZEUM if you or your family have ever had MTC or if you have an endocrine system cancer called Multiple Endocrine Neoplasia syndrome type 2. Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

Do not use TANZEUM if you are allergic to tanzeliglutide or any of the ingredients in TANZEUM.

Before using TANZEUM, tell your healthcare provider about your medical conditions, including if you have or have had problems with your pancreas, kidneys, or liver. Have severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems with digesting food. Tell your healthcare provider if you are taking a new prescription or over-the-counter medicine, vitamin, or herbal supplement.

Tell your healthcare provider if you are pregnant or plan to become pregnant. It is not known if TANZEUM will harm your unborn baby. Tell your healthcare provider if you are breastfeeding or plan to breastfeed. It is not known if TANZEUM passes into your breast milk.

TANZEUM may cause serious side effects, including:

- inflammation of your pancreas (pancreatitis). Stop using TANZEUM and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel pain that may go from your abdomen to your back.

(continued on next page)

Go to [TANZEUM.com](http://TANZEUM.com) to learn if you may be eligible to receive TANZEUM free for 12 months.\*

\* Subject to eligibility. Restrictions apply.



The TANZEUM SUPPORT TEAM  
is here for you 24/7. Call 1-855-TANZEUM.



### Once-a-week TANZEUM helps your body release its own natural insulin.

TANZEUM is an injectable prescription medicine that helps your body release its own natural insulin when your blood sugar is high, after you eat.

### If your A1C is not at goal with certain diabetes pills or daily insulin, ask your doctor if adding once-a-week TANZEUM is right for you.

When combined with diet and exercise, TANZEUM may improve blood sugar (glucose) in adults with type 2 diabetes. TANZEUM can be used in adults taking diabetes pills or daily insulin and has been shown to lower A1C in studies. It is not known if TANZEUM can be used with meal-time insulin.

### Important Safety Information for TANZEUM (cont'd)

TANZEUM may cause serious side effects, including (cont'd):

- low blood sugar (hypoglycemia). Your risk is higher if you take TANZEUM with another medicine that can cause low blood sugar, such as insulin or a sulfonylurea. Signs and symptoms of low blood sugar may include dizziness or lightheadedness, sweating, confusion, headache, blurred vision, slurred speech, shakiness, fast heart beat, anxiety, irritability, or mood changes, hunger, and feeling jittery.
- allergic reactions. Stop using TANZEUM and get medical help right away if you have any symptoms of an allergic reaction, including itching, rash, or difficulty breathing.
- kidney problems (kidney failure). In people who have kidney problems, diarrhea, nausea, and vomiting may result in loss of fluids (dehydration), which may worsen kidney problems.

Common side effects of TANZEUM may include diarrhea, nausea, reactions at your injection site, dizziness, back pain, and cold or flu symptoms. These are not all the possible side effects of TANZEUM. For more information, talk to your healthcare provider.

Please see Medication Guide for TANZEUM on the following pages.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.



GSK for you

If you don't have prescription coverage  
and can't afford your medicine,  
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albiglutide  
30mg, 50mg for injection

Make every week a TANZEUM week



Read this Medication Guide before you start taking TANZEUM and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

**What is the most important information I should know about TANZEUM?**

**Serious side effects may happen in people who take TANZEUM, including:**

- **Possible thyroid tumors, including cancer.** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rats and mice, medicines that work like TANZEUM caused thyroid tumors, including thyroid cancer. It is not known if TANZEUM will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma in people.
- **Do not use TANZEUM if you or your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system cancer called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).**

**What is TANZEUM?**

TANZEUM is an injectable prescription medicine that may improve blood sugar (glucose) in adults with type 2 diabetes mellitus, and should be used along with diet and exercise.

- TANZEUM is not recommended as the first choice of medicine for treating diabetes.
- It is not known if TANZEUM can be used in people who previously had pancreatitis.
- TANZEUM is not a substitute for insulin and is not for use in people with type 1 diabetes or people with diabetic ketoacidosis.
- TANZEUM is not recommended in people with severe stomach or intestinal problems.
- It is not known if TANZEUM can be used with short-acting or rapid-acting (mealtime) insulin.
- It is not known if TANZEUM is safe and effective in children under 18 years of age.

**Who should not use TANZEUM?**

**Do not use TANZEUM if:**

- you or your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system cancer called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)
- you are allergic to albiglutide or any of the ingredients in TANZEUM.

Before using TANZEUM, tell your healthcare provider about your medical conditions including, if you:

- have or have had problems with your pancreas, kidneys, or liver
- have severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems with digesting food
- are pregnant or plan to become pregnant. It is not known if TANZEUM will harm your unborn baby. Tell your healthcare provider if you become pregnant while using TANZEUM.
- are breastfeeding or plan to breastfeed. It is not known if TANZEUM passes into your breast milk. You and your healthcare provider should decide if you will use TANZEUM or breastfeed. You should not do both without talking with your healthcare provider first.
- are taking a new prescription or over-the-counter medicine, vitamins, or herbal supplements

**How should I use TANZEUM?**

- Read the **Instructions for Use** that comes with TANZEUM.
- Use TANZEUM exactly as your healthcare provider tells you to.
- Use TANZEUM 1 time each week on the same day each week at any time of the day.
- You may change your day of the week as long as your last dose was given 4 or more days before.
- If you miss a dose of TANZEUM, take the missed dose of TANZEUM within 3 days after your usual scheduled day. If more than 3 days have gone by since your missed dose, wait until your next regularly scheduled weekly dose.
- TANZEUM may be taken with or without food.
- Do not mix insulin and TANZEUM together in the same injection.
- Do not share your pen or needles with another person. You may give another person an infection or get an infection from them.

**What are the possible side effects of TANZEUM?**

**TANZEUM may cause serious side effects, including:**

- **inflammation of your pancreas (pancreatitis).** Stop using TANZEUM and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away with or without vomiting. You may feel pain that may go from your abdomen to your back.
- **low blood sugar (hypoglycemia).** Your risk is higher if you take TANZEUM with another medicine that can cause low blood sugar such as insulin or sulfonylurea. (continued on next page)

**What are the possible side effects of TANZEUM (cont'd)?**

Signs and symptoms of low blood sugar may include:

- dizziness or light-headedness
- sweating
- confusion
- headache
- blurred vision
- slurred speech
- shakiness
- fast heart beat
- anxiety, irritability, or mood changes
- hunger
- feeling jittery

- **allergic reactions.** Stop using TANZEUM and get medical help right away if you have any symptoms of an allergic reaction including itching, rash, or difficulty breathing.

- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may result in loss of fluids (dehydration) which may worsen kidney problems.

Common side effects of TANZEUM may include diarrhea, nausea, reactions at your injection site, cough, back pain, and cold or flu symptoms. These are not all the possible side effects of TANZEUM. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**General information about the safe and effective use of TANZEUM.**

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. You can ask your pharmacist or healthcare provider for information about TANZEUM that is written for health professionals. Do not use TANZEUM for a condition for which it was not prescribed. Do not give TANZEUM to other people, even if they have the same symptoms that you have. It may harm them.

**What are the ingredients in TANZEUM?**

**Active ingredient:** albiglutide  
**Inactive ingredients:** mannitol, polysorbate 80, sodium phosphate, and triethanolamine dihydrate. TANZEUM does not contain a preservative.

For more information, go to [www.TANZEUM.com](http://www.TANZEUM.com) or call 1-888-825-5249.

This Medication Guide has been approved by the U.S. Food and Drug Administration. Approved April 2014.



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Wilmington, NC 28403

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## Cottage dining room

Easygoing furniture and quirky, colorful finds liven up this informal eating space. BY KATHY O'BRIEN KINGS • PHOTOGRAPH BY ANTHONY TIGHE

**COTTAGE STYLE** is at its best when it's as light-hearted as it is cozy. Take this dining room, in a Victorian-era house near the shore in Massachusetts. Looking to create a cheery room in which to relax with friends and family, owners Rick and Clara Schmitt whitewashed the walls and the exposed framing for an airy feel. An over-size industrial pendant spotlights pale maple furniture—a farmhouse table with turned legs and Shaker-style side chairs. The watery blues and steel grays on the chair backs, striped rug, and fall-on-a-whale evoke the ocean nearby. Playful soda signs, rustic baskets, and vintage tableware keep things campy, whatever the weather. Want an equally spirited look on your place? Read on.

### striped rug

Washed walls and stripes add a sophisticated look to this serene blue-and-white dining room. **6 by 8-foot rug, \$430, aspenrugsdesigns.com**

### got a room with style?



PHOTOGRAPH BY ANTHONY TIGHE FOR ELLE DECOR; STYLING BY KATHY O'BRIEN KINGS



### folk-art whale

This hand-painted pine number is not a buoyant find in any room. **\$34, Folly Finds and Folk, shop.com**



### vintage look signs

Authentic metal signage from soda pop's early years can't go wrong. Use as decorations, or take the home effort and make for a set of steel. **\$8 and \$12, vintageplanet.com**



### picnic baskets

Vintage wicker food baskets make summary feel—and provide charming storage. We found the handwoven, well-thrown ones here on eBay for **\$10 and \$20**



### three-light pendant

Special white glass shades on this silver finish fixture from Quocai can't wait glow over the party for a lot less than the homeowners' reproduction. **Holophane factory light, \$270, wayfair.com**



### dining table

Rustic metal makes this handwoven turned-leg table especially sturdy. **\$990, gort.com**



### rustic runner

A length of yellow bark fringed at the edges brightens the table top in an eco-friendly way. The low price point means you won't mind if it takes a spin. **\$8 per yard, handmadeusa.com**



### Shaker side chair

**DYI**

Banks and seats woven from cotton tape have been keeping Shakers comfy since the 1800s, when the Shakers of Mount Lebanon, New York, developed the style. Get an authentic look with a kit (\$232, shakerwarekits.com). Assemble the rock maple frame. Finish as desired (paint is optional), then weave the tape in a classic checkboard pattern. ■







## Space for the whole family

A young Colonial gets a knockout kitchen with views of the house's best feature—the backyard—and three separate bedrooms for the kids

BY ALL CORNERS • PHOTOGRAPHS BY ANTHONY TRULLI

### THE SETTING WAS perfect

The house was not. That didn't stop Jeremy and Jody Kervel from buying their 1966 Colonial, in Lexington, Massachusetts, in 2011. After all, a sit on a three-quarter-acre lot bordering 100 acres of conservation land in their dream neighborhood. "Jeremy had the vision right from the start," says Jody, recalling that on their first visit he sketched out a plan for opening the rear of the house to the view. They moved in with their three young daughters and lived in the house for several years before starting the remodel.

The resulting result, seen here and on the current season of TOPTV, includes an 800-sq-ft addition over the garage that created space for two additional bedrooms, a bathroom, and a second laundry room, a large, windowed kitchen, an expanded nookroom with access to the garage, a three-season porch and deck in back, and a welcoming porch out front.

For architect William Hubacek, a key factor was making sure the addition felt harmonious. "The rooflines of the addition are designed very carefully not to overwhelm the existing house," he says. "We pulled back



**CENTRAL HUB** Two kitchen islands (ABOVE) create generous traffic corridors and distinct zones, and make the stage for prep and either where the three girls hang out with their parents, Jody and Jeremy Kervel (RIGHT). Teachers such as antique mirrored panels with decorative grilles for the separate breakfast and regular columns appeal the style from the original kitchen, with its brick back floor (BEFORE)

THE HOME  
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Massachusetts  
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Architecture  
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DESIGNER  
Perth Square  
2011-2012  
Boston Design Group

PHOTOGRAPH BY ANTHONY TRULLI



PHOTOGRAPH BY ANTHONY TRULLI



**LIGHT MEALS** An eating area along the kitchen's new rear wall of windows stands in for breakfast nook for everyday meals. Two sets of French doors lead to the deck and three-season porch, respectively

PHOTOGRAPH BY ANTHONY TRULLI  
Helen Kervel (left) and Jody Kervel (right) sitting on the new rear wall of windows overlooking the deck and three-season porch, respectively, built by Matthew Albee Contracting



**BIG ROOM GETS GREATER** Interior designer Helen Kervel embraced the new media wall which features reclaimed wood doors that slide open to reveal the television. Surrounding cabinetry encloses the clients' parents, providing a traditional architectural element and additional storage for media and games









# The Old House blueprint

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weekend remodel

## Build a living wall

Use pressure-treated lumber and galvanized planter boxes to erect a vertical garden filled with colorful greenery

BY KELLY HOPE • PHOTOGRAPHS BY LAURA MOSS



COST: \$40 for the frame  
TIME: 2 days  
DIFFICULTY: Easy. Measuring the frame to the siding is the only delicate step.

WALL-MOUNT PLANTERS are ever more popular in cities, where urban gardeners must make use of every inch of outdoor space. But their appeal stretches well beyond the urban jungle. A sparkling floral installation can brighten a big blank wall, take advantage of sunlight that never reaches the ground, and, best of all, keep you off your knees. Our original design is a simple grid with lattice sections for climbing vines and horizontal rails that function as French cleats, making it easy to change the position of planter boxes or bring them indoors for winter—great for, say, trailing herbs. Follow along as senior technical editor Mark Powers walks you through the steps to becoming a vertical gardener.

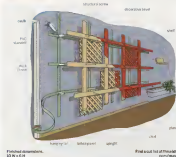


Photos: Kelly Hoopes; Design: Kelly Hoopes; www.101gardens.com; Powers: powers@earthlink.net



DAY-TO-DAY  
TIMELINE

**SATURDAY** Build the frame and shelves (Steps 1-3)  
**SUNDAY** Hang and plant the garden (Steps 4-5)



TOOLS

stud finder  
tape measure  
4-foot level  
clamps  
combination square  
circular saw  
1/2-inch drill/driver  
9-1/2-inch drill bit  
miter saw

MATERIALS

1x4 pressure-treated pine Get 1x4 boards for the hanging rails  
1x6 pressure-treated pine Get 1x6 boards for the uprights  
1x8 pressure-treated pine Get 1x8 boards for the shelves  
1x10 pressure-treated pine Get 1x10 boards for the shelves  
1x12 pressure-treated pine Get 1x12 boards for the shelves  
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1x96 pressure-treated pine Get 1x96 boards for the shelves  
1x98 pressure-treated pine Get 1x98 boards for the shelves  
1x100 pressure-treated pine Get 1x100 boards for the shelves

2 BUILD THE FRAME

**A) Mark for the uprights.** Use the circular saw to cut the uprights to length, making a decorative 45° bevel at each end. Gang the rails together on the work surface, bevels and ends flush. Use the combination square to mark where the uprights should cross the rails, based on your layout, then line up a 1/4-inch square with the marks and draw a line across the board faces.

**B) Fasten the rails.** With their beveled edges facing up, fasten the rails to create equal spacing between them, making sure they're at least 12 inches apart to allow room for the plants and planter. Lay the uprights across the rails at their marks, with their beveled ends facing down and overhanging the top and bottom equally. Drill two pilot holes through the upright and into the rail at opposite corners at each intersection, leaving the center clear for the structural screws. Fasten the uprights to the rails with 1/4-inch deck screws.

**C) Finish the frame.** Measure the spaces that you want to cover with lattice and add 1 inch to all four sides to create an overlap with the rails and uprights. Mark a sheet of lattice, clamp it to work surface, and cut the panels to size with the circular saw. Dry fit the panels, then drill pilot holes through the top layer of lattice and into the uprights. Use a miter saw to cut the lattice. Treat the finished frame by brushing on two coats of exterior stain, allowing the first coat to dry before applying the second.



1 SIZE THE FRAME

**A) Lay out the grid.** Locate the studs on the interior wall and mark them with painter's tape. Now use this 1x2 as a story stick for pinpointing the locations on the exterior. Toss up the end of the stick with the point of a door or window inside, mark the stud locations on it, then take it outside, line it up with the same point, and transfer the marks to the siding. Now use painter's tape and the 4-foot level to design the planter frame on the siding, aligning it level to two of the uprights with studs.

**B) Make the rails.** Clamp a 1x4 to the edge of work surface, mark the center line of the board's width and end, then set the combination square to 1/2 inch and use it to make four perpendicular marks across the first line. Set the circular saw to cut at a 45° bevel, adjust the fence so that the blade hits the intersection of the two marks, and rip down the length of the board as shown. Each beveled half is a single hanging rail. Cut them to the desired length and save the offcuts to make planter and shelf details.



3 BUILD THE HANGING PARTS

**A) Make the shelves.** For the shelves, cut boards of beveled rim slightly shorter than the width of each planter. Cut a 1x2 nailing block the same length as each shelf. Sandwich the upper lip of the planter between the nailing block and the shelf, with its bevel edges facing the planter. Clamp the joints together, and drill pilot holes through the shelf and planter into the nailing block. Fasten cleat to block with deck screws, as shown.

**B) Make the shelves.** Cut a strip of 1x4 and one of 1x4 to length, as well as a beveled cleat. Apply wood glue to the edge of the 1x4 and clamp it against the face of the 1x6. Drill pilot holes through the 1x4 and into the glued edge of the 1x4, and join the two pieces with deck screws. Fasten the cleat to the back of the shelf with deck screws, as shown.





#### 4 MOUNT THE FRAME

**A | Drill pilot holes.** Measure from the dock or the ground up to the bottom of the first rail, and cut two 2x4s to that length. Cut two more at least 4 inches longer. Pair the mismatched boards, over-lap by at least one end, and fasten together with 2x4-inch screws to make two braces. Use them to prop the frame in place against the wall. Fit your drill driver with the 9/16-inch-long 1/4-inch bit. At the center of each rail, sight the intersection, drill a pilot hole through the frame and siding, and into the stud, as shown.

**B | Cut the standoffs.** To find the angle of your siding, butt a short piece of scrap against one course where it dead-ends and trim it. Use the trim as a string baffle to mark the scrap, and use that piece to adjust the miter-saw blade to the correct angle. Cut 4-inch standoffs from 1-inch PVC pipe, one for each structural course,

making a straight cut on one end and a beveled cut on the other to match the angle of the siding.

**C | Hang the frame.** Find the intersection at the center of the frame and drive a structural screw through the pilot hole and the PVC standoff until its top extends slightly past the standoff. Find the pilot hole in the siding with the tip of the screw. Run a level of false siding over the back of the standoff, and drive the screw into place. Check the frame for level and secure the rest of the intersections the same way. Remove the levels.

#### SEE HOW IT'S DONE

To watch an instructional video of this project, go to [diyweekend.com/1005](http://diyweekend.com/1005)



#### 5 PLANT THE GARDEN

**A | Fill the planters.** Fit your drill driver with a 1/2-inch end drill, and even out drainage holes in the bottom of each next planter. Use bin combine 2 parts potting soil with 1 part topsoil mix, and fill the planters with the mixture. Make holes and set the plants in place. Cover the roots with the soil mix, tamping it down gently.

**B | Hang the planters.** Arrange the planters and shelves by hooking the beveled ends in the hanging rails. Position climbing plants and vines below lattice panels, and using vinyl plant tape, securely attaching plants to the lattice to hold them. Water the plants generously, especially at first, and enjoy watching them grow.



Project: Fixing the wall  
Learn more at [diy.com](http://diy.com)



# ROOM AT THE TOP



An imaginative tower addition opens up the floor plan of a classic American Foursquare and enables a longed-for view of a nearby landmark



**VIEWFINDER** A lookout tower addition to the Arlington, Virginia, home is crowned with a sitting room. **OPPOSITE** That is rigged with windows and provides glimpses through the trees of the Washington Monument. **ABOVE** As part of the renovation of the existing 2800-square-foot house, the front porch was extended to wrap the house on one side

By **Michael Lasset** Photographs by **Helen Norman**  
Styling by **Susan Victoria**



# P

OPLE BUY HOUSES for different reasons: location, size, price, style, as an investment, or because they fall in love with a room, a fireplace, a staircase, or a porch. For Terry Gatz and Mike Mullins, it was all about the view.

On a spring Sunday several years ago, Mike drove by a sign for a real-estate open house at a nearby American Passmore, just three blocks from their townhouse in the Cherrydale neighborhood of Arlington, Virginia. He went back to get Terry, declaring, "Let me take you to the house we're going to buy." Later that afternoon, the two climbed to the top of the old house, up a rickety wood ladder, to a attic deck with a view. And there they discovered, much to their surprise, a view of the Washington Monument, some three miles distant, from an east-facing corner. That view sealed the deal.

Built in 1915, the symmetrical house had the classic

**MOVING UP:** The lower addition required shifting and widening the exterior staircase. **BELOW:** which created a corridor closer to the middle of the house. This resulting "figure eight" circulation plan means that their service door ends in any of the public rooms as the first floor. Now calling it a new bridge the old and new spaces.



## FLOOR PLANS

A spacious kitchen and master suite were added in back. The lower addition adds a library, a second-floor bath, and a top-floor lookout room, which connects to an office carved out from former attic space.



configuration of four rooms downstairs and four up, plus a dormered attic under a hipped roof and an ample front porch. But it was in pretty shabby shape. "There was green flag carpet everywhere," says Terry. "The kitchen was outdated, the bedrooms were dingy, and the porch was banded downhill because the joists were falling out from under it." At some point in its nearly unimproved history, a two-story porch-like addition had been slapped onto the back of the house, held up by a brick foundation.

"It was poorly cared for, but it had good bones," says Charles Moore, the local architect the couple hired to transform the four-upper. "Under current zoning laws, you could never build that house today," he adds. "Setback requirements would have the sidewalk running halfway through the living room."

It was Moore's special interest in historical houses that appealed to Terry and Mike to their search for just the right person to help them govt on the large, open chef's kitchen, gracious master suite, and top-floor lookout

**FINISHING TOUCH:** The home contains chestnut wood blinds for the family room—and all the rooms in the house. They're maintenance and styling," says Mike. "as they feel appropriate to the house."





**COZY YET OPEN** The dining room got new seating with a high table and chairs to showcase the homeowners' artwork. The opening to the living room in the foreground was widened for better circulation. Purling at the ceiling helps keep the interior light and airy.

they were there, all while maintaining the house's original character. To round out the renovation team, they called in Fells Church, Virginia, contractor Gabriel Nassar, who worked frequently with Moore.

The renovation of the existing structure, which rose from a 20-by-25-foot rectangular footprint, was to consist of a new circulation plan for the main floor, widened doorways between rooms, and new doors and windows throughout. Walls would be stripped down to the studs, the baths would be completely overhauled. Adding another layer of concern, the house still had its original knob-and-tube wiring, with much of the insulation fabric visibly frayed. "Someone tried to screw in a lightbulb and got fire instead of light," says Terry.

This would be no historical restoration, but Moore is known for giving to some lengths to connect modern

day extensions. "Our goal was to create a house that would be relevant for the next hundred years," he says. "In a house of this character, I try to hide everything to do with the modernists. In the upstairs hall, we designed a coffered ceiling that looks like a pure design feature, but I did it to hide ductwork. I like these kinds of solutions: things that look like they were done for aesthetic reasons but that secretly solve a problem."

Moore also likes to replace materials in kind, where it makes sense, "for a more seamless acceptance of old and new." That meant using wider 4½-inch trim boards around the new windows instead of more common 3½-inch trim, and 2-inch window stools instead of 1½. While Mike and Terry were proponents of fiber-cement siding, Moore convinced them to go with more faithful cedar clapboards on the exterior, accented with operable



**WHAT'S COOKING** Mike Moore (left) prepares dinner in the new kitchen. MOORE's wife, partner Terry, says Moore often lets his Spring green celebratory give the kitchen's spirited personality. Hand-carved marble tops the island. The rest of the counters are honed soapstone. Black marble (LEFT) shepherds a creek faucet, apron sink and pendant dishwashers. Composite (bottom) is breakfast styling.

wood shutters. "They make their decisions from the perspective of what they believe is best for the house," says Terry, of working with Moore and Nassar.

Two additions would increase the living space from 1,810 square feet to 3,054. One would consist of an expansive kitchen-dining room with a minor suite above it, in place of the flimsy back porch; the other, an innovative tower on the east side of the building, connected to the front by the rebuilt porch, would contain a small library on the main floor, a new upstairs hall bathroom, and a lookout room, to maximize the view that sold the couple on the house in the first place.

Arriving at a plan everyone could agree on took a little time. "The way Charles and Gabriel worked together," says Terry, "was to wear us down. They would just ignore us until we came around to their way of thinking. And they didn't always agree with each other, which was fun to watch. Usually the decision that was ultimately made was the one that cost the most."

"That's kind of true," says Moore. "I mean, we did listen to them, of course—they were outside-day clients





#### BESTIAL RETREAT

The new master bedroom is located about the family room in the rear addition. Interior wall-to-wall details were replicated in the new room's carpeting to tie the new room into the existing architectural style.

#### SHOP THIS STYLE

To find furniture and decor similar to those used in this house, go to [www.houzz.com](http://www.houzz.com) or [www.houzz.com](http://www.houzz.com).



**OLD LOGE, NEW COMFORTS** The new master bath, TOP and ABOVE, boasts a first gone by with a pedestal sink, built-in storage, marble mosaic tile, and a built-in style pedestal. RIGHT: A side portion of the rustic front porch added during the renovation. It is located to allow the homeowners to enjoy the best of summer evenings outdoors. The porch ceiling is painted a traditional blue.



and as history, but we also wanted it to be practical."

As for the tower, it is hardly an accurate period likeness, but it is not without precedent, either. "I had seen a house in New England that had a kind of tower," says Moore. "It was probably more late 19th century, probably Victorian, but it gave me the idea of a way to provide the room with the view on top and at the same time provide extra space on all the floors."

So what surprise pleasures has their newly expanded and upgraded house yielded? "Sitting on the front porch and chatting with our neighbors while their dogs sit right," says Mike, adding that the house has been on a couple of house and garden tours, "which has really given us a sense of belonging to a community."

But it's the tower room that's the uncomfortable something extra, offering an overview of the neighborhood through the trees, a glimpse of the city skyline at night, and a perfectly framed view of the Washington Monument. It has another advantage, too, during the unrelenting summer. Says Mike: "When it's 90 degrees out, with 90 percent humidity, it's perfect for watching the Fourth of July fireworks." ■

But sometimes the first idea a homeowner has to solve a problem is not the best one. The tower, for example, was a way to access that view of the Mall. Their original idea, a screened porch—while they could only use for half the year—wasn't the best way to provide what they wanted.

As in nearly all renovations, there were some unexpected surprises during the 15-month process. "I got a call one day that they were working on the foundation and part of the wall fell down," says Terry. "When we got to the house, it was being held up by a single deck."

"That was not a good thing," says Moore. The existing basement was poured-in-place concrete rather than block, which was a relatively modern innovation at the time the house was built. But the foundation did not have much engineering in terms of steel reinforcement. When they were pouring the foundation for the addition, which went deeper than the original, the back wall of the old foundation fell into the new one.

For Moore and Moore, the most challenging aspect of the project was achieving the necessary headroom in connecting the new to the new tower lookout room and attic office. The solution needed to solve the practical issue of access, bridge the new space and the existing roof, and be visually pleasing. The solution came up with what he describes as "stepped dormers,"

adjacent to the new tower, which replaced the existing cantilevered dormer. "This is clearly a modern assembly," says Moore, "but I'm very pleased with the horizontal roof lines you see in the front, and the three stepped dormers you see from the east." The winning cost of this attraction of old and new makes you have examples as new the actual fabrication was.

Similarly graceful solutions made the house pay homage to the original structure while making the home livable for today. "One of the things we like most about the renovation," says Terry, "is the very Charlie managed to respect the proportions of the original rooms even while making the pass-throughs wider and adding a kitchen space that is much larger than any farmhouse would have had."

"With a modern kitchen in an old house," says Moore, "you inevitably wind up with a 'transitional' space, and you need to balance the contemporary with the historic, the stainless steel, say, with the custom millwork. We didn't attempt to hide the stove or the refrigerator, but we did paint the drawers, in order to have consistency in the lower cabinets. In a house of the period, of course, you would not have had a single, open space without any separation between the cooking area and the family room. We wanted to respect the house





# YOUR KITCHEN MUST-HAVES FOR LESS

Over-size pendants, open shelves, pro-style ranges, patterned cement tile. One look at [pinterest.com](http://pinterest.com), and you'll find page after page fueling these cook-space trends and more. They look great in pictures, sure, but will they work for you? Read on for **SMART ADVICE** and **MONEY-SAVING TIPS** that'll help you bring the look to your house

BY DEBORAH BALDWIN

## MUST-HAVE #1 STATEMENT LIGHT FIXTURE

A high-profile pendant can do more than provide task lighting. It can inject drama and style into any workspace.

### BE SURE TO KEEP IN MIND...

➤ **Size:** No matter how the surface it's illuminating, designers say, but large enough to make an impact. A few small single pendants can look drifty. Carol Kurts, an architect in Bedford, New York, hangs a corded-iron lantern in her clients' kitchens as a scale anchor.

➤ **Support:** If it weighs 80-plus pounds, a sturdy electrical box won't hold it; you'll need to install a fan brace. (See how at [theoldhouse.com/may2015](http://theoldhouse.com/may2015).)

➤ **Height:** "Never hanging above the top of the cabinets—that'll beeline the room," says Charlie Dumas, a lighting pro in New York City. But not

too low either. April Powers, an interior designer in San Francisco who works with 15 lighting recommendations, 40 inches above the island so that the fixture won't block the sight line at anyone standing. For the sake of those who sit, bulbs should not be visible from below.

➤ **Walls:** To add a layer of functional light while also allowing a mood altering glow, Dumas recommends a pendant (or diffused light). Along with deciding character to the space, the fixture should be able to handle 250 watts and dim down for intimate meals.



### THE LOOK FOR LESS

1. **Lighting:** A large lantern-style pendant light fixture, like the one in the photo, can be found for under \$100 at [pinterest.com](http://www.pinterest.com).  
2. **Cabinets:** White-painted wooden cabinets, like the ones in the photo, can be found for under \$100 at [pinterest.com](http://www.pinterest.com).  
3. **Range Hood:** A stainless steel range hood, like the one in the photo, can be found for under \$100 at [pinterest.com](http://www.pinterest.com).  
4. **Tile:** A patterned cement tile floor, like the one in the photo, can be found for under \$100 at [pinterest.com](http://www.pinterest.com).





## MUST-HAVE #2 WARM WOOD FLOORS

With their rich look and timeless appeal, they're as easy on the eyes as they are on your back—and they may just save your dropped crockery, too.

### BE SURE TO KEEP IN MIND...

► **Surroundings:** Unlike tile, wood floors can expand and contract with the weather. Soft woods like pine are especially vulnerable to wear and foot traffic; hard woods with bold grain like red oak are less likely to show signs.

► **Options:** They include solidwood, either factory finished—prized for its durability and smooth appearance—or finished after installation. A pro can help advise on new planks and finish them so that they look less, well, new. The best DIY option is factory finished engineered floor, which is real wood veneer. And if you love the look of aged planks, know you'll pay a premium for extra-long, slender-width, or wide boards.

► **Finishes:** If you're refinishing an existing floor, go for a penetrating matte finish in a light to medium color; it's less shiny and easier to touch up than polyurethane. We like Rubio-Monoco's Natural Oil, which is VOC free, from \$1.20 per gallon (enough to cover 1,000 sq ft) to \$2.50 per gallon (enough to cover 1,000 sq ft). For a more durable finish, look for a water-based polyurethane.

► **Protection:** "A runner in front of the sink will catch water and prolong the finish," says Joe Sarlesman, an architect in Troy, Michigan. "For best bet: a small indoor/outdoor runner; if it's not big enough, use a heavy-duty rug, and just catch it off under the tap."



### THE LOOK FOR LESS

Tasteful, plank-style vinyl flooring is as convincing as it is even over some wood work. The planks, which are waterproof and resistant, are also repairable for easy DIY. See Plank Collections, from \$4 per square foot, at [vinylpro.com](http://vinylpro.com).

## MUST-HAVE #3 AIRY OPEN SHELVES

Restaurant-style shelves lighten up a room and provide easy access for items you use every day. And no small thing: They cost less than cabinets.

### BE SURE TO KEEP IN MIND...

► **Style:** Many think back to the space. If you're going for a farmhouse vibe, try distressed planks and use lock brackets, as seen here. Floating shelves have a contemporary look, while wood corbels can make open shelves feel more traditional.

► **Display:** "Like the look of kitchen things. They add color and texture," says Kristin Mathis, an architect in Skaneateles, Virginia. But others see a potential problem: "If you fill them, it gets dusty," says Keith. "In a restaurant, the turnover is huge, but it's a little different at home." That's a cue to add your own items, rotate often, and consider keeping a dusting cloth handy.

► **Alternative:** To get the look without getting rid of your uppers, Mathis likes removing the doors, which you can do as an afterthought. "You could sand the doors to make them stand out," she says, "and if you change your mind later, you can put the doors back on them." Before removing doors, consider using upper cabinets, she adds. It's a way to look inside. The owner may not be as well-versed as the frame.

► **Support:** In a kitchen, open shelves, which are generally about 12 inches deep, require brackets supported by walls. In the bedroom, they're anchored to studs every 16 inches.



### THE LOOK FOR LESS

Make chunky floating shelves and save the cost of brackets. Cut a 20-inch-wide board lengthwise and seal all three ends. Bored wood ends are secured to the wall framing. Find the how-to details at [thisoldhouse.com/may2013](http://thisoldhouse.com/may2013).



#### MUST-HAVE #4

With their fat knobs, peg legs, and gleaming finishes, these showstopping appliances can make even non-cooks envious.

BE SURE TO KEEP IN MIND...

• **Power** Pro-style means pots and these five-burners can generate more heat than the average family needs. One high-lift burner is good for grilling, says Mark Sittman, author of *How to Cook Everything: But Is It That Easy—Really?*

**> Application:** For every 10,000 Blus, you have to be able to remove 100 cubic feet per minute (cfm) of hot smoke at 150 ft/min. 100 cfm smoke-cfm makeup must be provided from outside.

► **Speed.** More litus don't guarantee that water will come to a boil more quickly say independent tests if spends of the crockpot—add just potassium tail copper—you'll do better with high evaluation, especially if you're not pried for gas. Keep in mind that Easy requires a 240 volt line and a dedicated circuit.

• **Placement:** Pro-style ranges look great against the wall, creating a stunning focal point, but you may be better off with a cooktop. For one, you'll like the look of putting a drawer underneath it so your pots and pans aren't on a hot head. But there would also have to be a cabinet or island "I don't want to turn your back to my guests. With an island cooktop, you can communicate."

She suggests adding a stain- or oil-resistant vinyl or rubber flooring the cooktop area in the basement.

► **Weight:** It's smart to sound out the joints. Some SUVs may weigh less than 500 pounds.

**~Cleaner:** Some high-end ranges lack self-cleaning ovens. And those heavy cast-iron grates have to be baked—so do oven cleaners. But think of it this way: If you want to own a Biltz Boyce range, you have kept it buffed to a mirror shine and shone it off.



## THE LOOK FOR LESS

Slap the length of the closed  
wound and you're in the  
king of the woods. The final  
medium is a simple, and most  
with a good, and a good  
batter—like a good  
30-inch line at \$1.750—  
and a good, and a good

### MUST-HAVE #5 CEMENT-TILE BACKSPLASH

Designed to create colorful all-over patterns, these matte-finish tiles deliver a major style punch.



BE SURE TO KEEP IN MIND...

**> Weight.** They are heavier than their counterparts. A typical 8 by 8 inch tile is 15 mm thick and weighs 3 pounds.

**► Surface:** Because cement is not fed if sparse. Applying a specialized sealant before and after installation protects the face from moisture and environmental damage.

► **Shipping:** Cement tiles are usually handmade, so colors and dimensions can vary. Ordering online? Consider buying 25-percent extra, since tiles can chip during shipping. The bottom line: It'll run about \$1,000 to \$1,500 to buy and ship tiles for a 4- to 50-square-foot backsplash.

➤ **Installation:** This plug best done by a pro. But if you want to DIY, check the

height of your cabinets or shelves, so you may be able to hang the tiles to avoid having to trim (or accept) along the sides and around outlets.) Measure out from the center following the 1/2-inch grid lines. Any tiles on the tile should be drilled at least 1/8 inch from an edge. Finish exposed edges of the end of a run with solid-color tile or wood trim, or paint them the same color as the wall. You can always keep cooks clean by tiling only behind the stove or doing a single accent wall.

► **Alternatives** Ceramic and porcelain look alike and offer consistent color and no need to seal, and are DIY-friendly like Porcelanosa's Antique collection. \$13 per square foot. [porcelanosa.com](http://porcelanosa.com)



#### THE LOOK FOR LESS

For a big impact with no commitment, try peel-and-stick wallpaper in colorful tile-like patterns. With DIY installation, it's about \$5 per square foot, and it wipes clean with soap and water. **Parliament (J&J)** and **Easton Tile (Jig4)** by Westlake, \$79 for a 24-by-36 inch panel. [elco.com](http://elco.com)



ACQUISITION INFORMATION SEE DIRECTORY PAGE 109



# 19 BUDGET- SMART BATH UPDATES

Put some wow in your washroom with these clever, affordable makeover ideas, STARTING AT JUST \$4

BY MICHELLE BRUNNER

## SET A SERENE SCENE

**1. TAILORED TREATMENT** A ring-and-bow dressing like this Roman shade makes a bath feel more finished and introduces color and pattern. Window film covers the privacy on the lower half. Similar to those: Carrey Style la Kew/Stand Butteville Fabric. \$25 per yard. [butterdesigns.com](http://butterdesigns.com). Free tutorial on making a Roman shade: [www.houzz.com](http://www.houzz.com). [dita.wednesday.com](http://dita.wednesday.com) for a 4-by-6-by-6-foot roll. [homedepot.com](http://homedepot.com)

**2. COLORED CLAW-FOOT** Make a cast-iron tub look like a focal point by painting the outside and adding a new look to the legs. Similar to those: AllSurface enamel Oil. Best in 2009. \$11. \$23 per quart. [showerwilliams.com](http://showerwilliams.com)

**3. STREAMLINED RING** Add a modern rectangular vessel sink to the mix—it's clean lines provide a nice counterpoint to the curvy old-fashioned tub. Similar to those: Kingston Brass/Pacific Vitracore China Sink. \$157. [lowes.com](http://lowes.com)



## ADD UNEXPECTED TOUCHES

**4. VINTAGE-INSPIRED VANITY** Give a gently used desk new life as a bath console with high-gloss white paint and amber glass hexagonal knobs. Similar to those: Vintage desk, starting at \$70. [craigslist.com](http://craigslist.com). Coaster cabinet knobs. \$4 each. [doorcorner.com](http://doorcorner.com)

**5. WOOD COUNTERTOP** Paint real wood in the bathroom an undermount sink, as seen here, and a water-resistant acrylic sealer, or long oil finish. Better yet, around a frequent use bath, use a wood-look laminate. Continue either material up the wall as a cool take on a classic washbasin stand. Trip Home in Auburn Maple. Item \$14 per square foot, installed.

**6. TILED BASEBOARD** Bring traditional molding and extend the seven-inch up the wall to create an eye-catching divider like this baseboard. Similar to those: Crema Capuccino Gasketweave Marble Mosaic tile. \$13 per square foot. [homedepot.com](http://homedepot.com)







## REINTERPRET THE CLASSICS

**7. COTTAGE-STYLE CABINET** Save room by reinterpreting a classic cottage-style cabinet. This well-mounted medicine cabinet, which is easier to install than a mirrored model. Similar to shown: Zarah Medicine Cabinet. \$200. wayfair.com

**8. STANDOUT LEDGE** Cup subway tile against a white DIT decorative tile. The new to Topside down one-piece bathroom with rounded window, steel frame, add-on molding where it meets wall. Oak board. \$11 per 8-foot length. plus curb molding. \$3 per 8-foot length. window molding. \$28 per 8-foot length. home depot.com

**9. MARBLE HEX TILE** Add a luxurious feel, underfoot with mesh-backed marble tile featuring impressive 3-inch hexagons. Similar to shown: Carrara White Hexagon Marble Tile. \$30 for a 12 square-foot sheet. marbleonline.com

## BRING IN WARM ACCENTS

**10. PETAL-POWER PENDANT** Enhance the rustic look of a wood frame mirror and sink with a delicate hanging light made of steel. Capri pendant. \$70. wayfair.com

**11. WINDOW MIRROR** Inject some architectural character into the space above your sink with a window-style mirror. Similar to shown: Reclaimed Pallet Mirror Hanging Mirror. \$75. etsy.com

**12. WOOD SHELVES** Top an oft-ignored storage area—directly above the toilet—with shelves that are a direct to DIY. California boards in use and side them and support with 1 inch x 4 inch at each end. Similar to shown: 8x10 Douglas fir boards. \$1 per 8-foot length. home depot.com. Mirror Set (shown in Chetani). \$28 per quart. at home centers



## TIE IT ALL TOGETHER

**13. LIBRARY LIGHT** Install a sconce with an articulated arm above the mirror cabinet for a style boost. It's just as great at providing effective task lighting as the built-in at all. Illuminating bookshelves. Similar to shown: House of Troy Hyde Park sconce. \$200. wayfair.com

**14. DOUBLE-DUTY FABRIC** Take a cue from designer aspects and match the material of your shade to your shower curtains. Lightweight cotton was a block light and a easy-to-lander. Just be sure to hang a waterproof liner behind the shower curtain. Similar to shown: Porcelain Creek by Melrose Manor. \$60 per panel. home depot.com

**15. DIY SINK STAND** Build a simple table like this one by mounting an edge-glued panel over 2x4 legs reinforced with corner braces. Finish with a cherry coordinating shellac and paint. Install a drop-in basin or a statement-making vessel sink. See this one—just plan the stand a height accordingly. Similar color to shown: Aura Bath & Spa Paint in Chetani. Morning Air. \$25 per quart. benjaminmoore.com

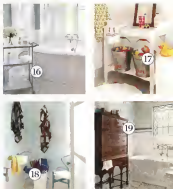
## SURPRISING STORAGE

**16. BATH FRIENDLY BAR CART** Who says one of these barcarts should only be rolled out for cocktail hour? Wheel it into the bathroom for mobile towel and toiletry storage. Similar to shown: Newbury Cart. starting at \$289. restorationhardware.com

**17. CUSTOMIZED PHILS** Galvanized steel buckets can do more than hold gardening tools or ice-cold drinks. Personalized with paint, they are the perfect cocktail for a bath. Similar to shown: 12-quart bucket. \$10. etsy.com

**18. TOWEL TIEK** A problem solver in the entryway, a coat rack can be a helpful addition to the bath for hanging wet towels. One with integrated storage is even better—here, the umbrella stand holds a fresh supply of clean towels. For a similar solution, try a longer towel with shelves and hooks. Three-bar towel shoe and coat rack. \$12. overstock.com

**19. VINTAGE DRESSER** A dresser found in Goodwill is a find for an unexpected and elegant addition to the bath. Take this light-gray Goodwill dresser off the shelves to store towels, while delicate legs keep the piece from leaning too easily and overwhelming the room.





# four-season star

A garden designer pairs easy-care shrubs and colorful containers for a home garden that wows year-round

By Therese Ciesinski  
Photographs by Jerry Pavia



A

LOOK FOR THE PHOTOS ON THE GARDEN PLAN, PAGE 58



B



Painted beds and borders define the landscape in this Spokane garden. LEFT: Homeowner Mark Sullivan, a retired landscape architect, chose Sherwin Williams's Intellectual Gray for his chosen house as a neutral backdrop for plants, particularly the native *Pendulous pine* glimpsed here (A). ABOVE: In the bedplant, a harder bloom is three feet plume spiky yellow flowered *Intendant*, and bushy *Holm Oak* "Pillar" at the rear. English ivy, *Big Sky* *Sedum*, *Cherrywood*, and *Drifts* in the middle and down front; *Cherry* *Bayberry*, *Bayberry*, *Cardinalis*, *Cardinalis*, *Cardinalis*, and *Cardinalis* (B). RIGHT: A line of pots with *Arundo* (left) and *Arundo* (right) shows the range of plants that thrive in this temperate Zone 5 climate (C).



C





It's the holy grail of all garden designers: a low-maintenance, high-impact landscape of sturdy, reliable plants whose colors and textures evolve throughout the seasons, a place where everything seems to sit together perfectly.

When Spokane landscape architect Barb Salanski began transforming bedrock into this reversible garden that's compelling all year around, she knew she was in for an adventure. Ten years and tons of mulch in soil later, the garden is now a scuffed, elegant space anchored by dwarf trees and shrubs that provide structure and packed with low-care perennials. It's a masterful mix of bold colors, dramatic foliage combinations, myriad shades of green, sculptural shapes, and spectacular drought-tolerant specimen plants that pretty much take care of themselves.

ABOVE: Slane sets the tone for the front garden. Powers laid in a low path on level of the house and garage deck life duty as parking pool, pathway and entertainment space. Besides, their impact softened by perennials and shrubs, pay homage to the area's natural landscape (3). RIGHT: A border between the house and the parking area has a low formal tree with a gravel path and a carpet of groundcover (2). TOP/RIGHT: A triangle of shrubs—specifically white pine, a weeping European beech (*Fagus sylvatica* 'Pendula'), and a weeping Japanese maple (*Aquilegia 'Pendula')* near the door and a 'Forsythia' weeping Japanese maple—frames the view from the garage to the far side of the house (7).



## the plan

Homeowner and landscape architect Barb Salanski worked with her let a rocky terrain and stacks of mature plants. Using these elements as her backdrop, she added layers of colorful perennials and shrubs to create a beautiful, relaxed style of garden with something to see all four seasons.









the middle, and then plants in the 2- to 2½-foot range at the back," she says.

Near the back door leading to the lawn, Barb laid beds filled with succulents and other perennials chosen for their distinctive leaf colors. "I place a high priority on beautiful foliage," she says. "Flowers come and go, but foliage lasts." When it comes to choosing flowering plants, however, the drive to the color wheel. "I don't make a color scheme for flowers. I pick any color I like. No flower color looks bad against another—the green in the garden unifies it all. That said, I place in sweeps of color and repeat those plants to lead the eye around the garden." Fortunately for Barb, eastern Washington's is a reasonable climate of hot summers, cold winters, and low humidity means the cut grow "just about anything, from cactus to rhododendrons."

At least 23 large pots stand like ceramic modernism pieces throughout the garden and on the deck steps, planted with everything from perennials to a 6-foot-tall Sargent's weeping hemlock. "Once a pot is planted, I don't waste time moving it in and out for the winter," says Barb. "It stays where it is." The thick walls of the glazed Western ceramic containers seem to hold up just fine here, despite temperatures that dip down into the teens in winter.

In spring, Barb happily devotes entire days to pruning, dividing, and planting. But once summer's hot weather arrives, with daytime temperatures in the 90s, she spends in beds in 4 hours a week pulling away weeds, checking the irrigation system—Spekhaus gas just 15 inches of rain each year—and clipping back straggly annuals.

When everything's so absolute, how do you keep the garden from taking over your life? Smart planning choices keep the to-do list short. "Gardens are both works of art and hardworking living spaces," Barb says. Every place must earn its right to be there. The groundcovers grow into one another, forming a mat that shades out weeds. Many of the plants are self-cleaning—spent blossoms drop off on their own, no deadheading required. Dwarf conifers grow slowly, needing only occasional pruning, which can be done on some trees instead of a ladder. Plants that struggle are given the heave-ho.

And maintenance doesn't mean merciless mowing. In the fall, Barb lets the garden grow a bit wild, letting the oranges and reds of the Japanese maples and dogwoods and the seed heads of ornamental grasses. Unless mild weather often a window for pruning, winter provides a break from physical chores and an opportunity to evaluate the garden's structure and consider how to improve its look. That's when the evergreens and hedges are clipped, and other trees and shrubs with interesting bark come their keep.

Walk the hours gained by adding to low-maintenance plantings, how does Barb spend the extra time? She loves to visit through the garden on sunny mornings, coffee cup in hand. Occasionally she indulges the urge to pull a weed as well. But she doesn't make a habit of it. ■



**THREE PAGES:** Containers play a large role in this garden and Barb is not afraid to experiment with them. "Most plants grow better in large pots," she says. "Start at \$14.95. All colors sold and tall. Smaller pots simply dry out too quickly."



K



**OPPOSITE:** Orange and red flowers paired with elephant ears and white Nancy Jordans spill over the top of the back patio (L). **ABOVE:** A graceful weeping hemlock with a low and weeping form to a turn in the path (R). **LEFT:** At the back door, Barb added a trio of tall pots to enhance the seating effect at the windows and doors. One is a decorative, hand-painted terracotta (left); the others hold seasonal annuals. **Color:** A Prostrate hemlock (right) is dwarf's size and small but effective choice for a container plant (L).

#### HAVE A LOVELY YARD

For more information, visit [torquengrore.com](http://www.torquengrore.com) or call 1-800-451-1000. **torquengrore.com**

## all-year color

"Gardens should draw you outdoors at all times of the year," says landscape architect Barb Safrenick. Here are some of her favorite shrubs for seasonal interest.

### Spring

**'Painted' crepeblossom** (*Malus Prunifolia*)  
Notably scabrous, purple foliage; red pink flowers, dark red fruit. Full sun. Grows up to 20 feet tall and wide. Zones 4-8.

**'Leonard Messel' magnolia** (*Magnolia x leonardii*)  
Fragrant white flowers in early spring. Full sun to partial shade. Grows up to 25 feet tall and wide. Zones 5-9.

### Summer

**'Hakuro Nishiki' Japanese larch** (*Larix laricina*)  
Spring's pink foliage turns rose, creamy white, and green. Full sun. Grows up to 25 feet tall and wide. Zones 5-7.

**'Wolf Eyes' Japanese dogwood** (*Cornus kousa*)  
Flowers followed by red berries. Partial sun. Grows up to 20 feet tall and wide. Zones 5-8.

### Autumn

**'Osaki' Japanese larch** (*Larix laricina*)  
Dense foliage turns from blue-green to better yellow. Partial to full sun. Grows up to 20 feet tall and 7 feet wide. Zones 4-8.

**'Tiger Eyes' sumac** (*Rhus typhina*)  
Tiger-eye foliage. Lustrous foliage and intense fall color. Can be invasive. Full sun to partial shade. Grows up to 10 feet high and wide. Zones 4-8.

### Winter

**'Van Pelt's Blue' cypress** (*Chamaecyparis lasiocarpa*)  
Narrow, blue foliage and dwarf, compact habit. Full sun. Grows up to 20 feet tall and 7 feet wide. Zones 5-9.

**'Pendula Bruns' weeping Serbian spruce** (*Picea omorika*)  
Narrow and columnar; with two-tone foliage. Full sun. Grows up to 8 feet tall and 2 feet wide. Zones 4-7.







Percent  
of veteran  
experts



**TOM SILVA**  
General Contractor



**NICK ARAM**  
Master Carpenter



**RICHARD TRETHEWEY**  
Plumbing and Electrical



**ROGER COOK**  
Landscape Contractor



**KEVIN O'CONNOR**  
Plumber

## What tools and parts should a homeowner include in a basic plumbing kit?

—BRIAN KROGER, HONOLULU, HI



Richard Trethewey says a homeowner needs only a few specialized tools and materials to tackle most plumbing projects.

**RICHARD TRETHEWEY REPLIES:** Before it or not, you don't need that many specialized tools to tackle most plumbing projects around the house. Here's a list to get you started.

**Tubing cutters:** Essential for making smooth, straight cuts in copper pipe. Also get a mini-acetylene cutter for pipes in tight locations.

**Water pump pliers** (a.k.a. Channel locks): Perfect for gripping smooth-walled pipes—but keep them several feet away from hot runs. You should have two of these, at least.

**Adjustable wrenches:** The only tool for tightening hex nuts. Get two, the bigger the jaw capacity, the better. **Basin wrench:** Allows you to reach into the tight spots under sinks.

**34-inch pipe wrench:** If a fitting refuses to budge, this one usually changes its mind.

**Clawfoot auger and plunger:** The go-to tools when a toilet clogs.

Your kit also needs these general-purpose tools:

**Screwdriver:** A four-way with flat-head and Phillips bits, a stubby one with interchangeable bits, and a hefty 12-inch flathead.

**Needle-nose pliers:** For working in tight spaces or on a valve.

**Hex keys:** Handy for cranking through plastic drainpipe and nested metal.

**Locking pliers:** Useful when you need a third "hand" to grip something.

**Hammer:** For tapping, snick, gate valves and disposing ring clamps to loosen them.

**Tape measure:** For fitting pipe.

Tom in three materials, too.

**Plumber's tape and pipe dope:** To seal threaded joints.

**PVC cement:** To join white drainpipe. (Black ABS pipe takes a different solvent.)

**Penetrating lubricant** (a.k.a. WD-40): To loosen rusted nuts.

**No-solder fittings** (shark-bite.com): To eliminate the need for soldering tools on skills-on-simple jobs.

**Cloth caps and latex gloves:** To help keep everything clean.

To watch a video of Richard demonstrating how to use his plumbing tools, including a claw auger, go to [thisoldhouse.com/try2015](http://thisoldhouse.com/try2015).

**Swing time**

I have several tools in my house that swing open or closed by themselves. How can I make them stay put?

—SHARON MARSH, CLOVES, N.J.

**TOM SILVA REPLIES:** The problem with your doors is that the hinges are not plumb. Even a slight misalignment can make them misbehave in this way.

To see why, hold a hand saw perpendicular with one hand, leaving the corners free to move. Now watch what happens when you tilt the spine: The corners swing

in the direction of the tilt.

You could try to realign the hinges, but here's an easier fix: Pop out one or two of the hinge pins, lay them on concrete, and have the corner of each shaft with a hammer. That should bend the pins enough to put some tension on the hinge knuckles after you put the pins back in. Opening and closing your doors may require a bit more effort, but they won't be swinging on their own.

**Poisoned soil?**

I'd like to plant a vegetable garden in the backyard, but if lead paint from our 1955 house has contaminated the soil, I've worried about the potential effect on my children. What can I do?

—LUIS REYES, MOUNT AIRY, MD

**ROGER COOK REPLIES:** Lead is bad for everybody, young or old. And it doesn't just come from paint, as bacteria that from nearby roadways can also be a significant source of contamination.

First thing, have the soil tested and find out if you actually have a problem. All soils show some background level of lead, typically 7 to 20 ppm, but levels of 100 ppm or higher are not suitable for gardening. The plants themselves don't absorb lead, but if tested dirt gets on the produce—or your kids' hands—it could be ingested.



## HOW TO BUILD A STONE PLANTER



Photo: Andrew L. Jones

Do guests tend to pass right by your driveway? Install a stepped stone planter at the entrance to create an unmistakable guidepost, as well as a natural spot to add a pop of color with plantings or the welcoming light of a lamp post.

Be sure to choose blocks meant for freestanding and retaining walls, not walkway pavers. Using blocks of various lengths allows for a natural-looking, randomized pattern. To create a dry-stacked look and give the structure strength, stagger the joints on each course.

You'll find all the tools and supplies necessary for this—and any—home project at The Home Depot nearest you.

For step-by-step instructions, go to [thisoldhouse.com/project](http://thisoldhouse.com/project)

## What is it?

- 1 Pipe plug
- 2 In-ground sprinkler head
- 3 Storage container for paintbrushes
- 4 Screw holder

FORTY-NINE SECONDS











## More great stuff

Of the many tools, materials, and other products that we discover, here are this month's standouts — in no particular order.



### Fast repairs with light

**Biodegradable plastic welder**

Use this special pen to fill counter-top divots, cracked stool housings, or damaged power cords. Then cap the spout with the pen's UV light (shown). It hardens the resin in 4 seconds flat. **Value:** under \$100. **Call:** 800-226-6666



### Squeeze 'n' shoot

**Staple & Nail Gun**

Improve your geometry skills with this more-powerful-than-standard-pistol gun. The gun fully loads 750 staples and 16-inch 18-gauge nails. Even at a 90-degree angle, it oriented, stored board (DSB). Comes with a staple remover and a window that shows how many fasteners remain in the magazine. **Call:** 800-226-6666



### Put your phone to work

**Phone Works level**  
Mounts to your smartphone, turning it into a handy level. Being level isn't just for the phone's screen; when the beam is level and plumb, it lets you set a custom angle (shown). It's one of eight phone-piggybacking tools in the Phone Works line. **Call:** 800-226-6666



### Collapsible workstation

**Centipede workstation**

Unfolds like a camp chair to create a stable, custom-fit 2-by-4-foot work surface that supports up to 1,500 pounds. Yet it fits into a 9 by 36-inch bag and weighs only 11.6 pounds. Comes with fold-down clamps and brackets (shown). Also available in a 4-by-6-foot model. **Call:** 800-226-6666



## Norm's tricks of the trade

When I'm installing window trim, my miter cuts are always just a little off. What am I doing wrong?

—CHRISTOPHER CHANDLER, ARL

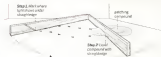
**A** Assuming that your saw is cutting accurate miter joints, I suspect that you're tape-measuring and marking your cuts at the window. Start with the side springs. Hold them against the vertical reveal marks, mark and cut each piece where its inside edge crosses the reveal for the head casing, and nail them both to the window frame. Now take a piece of the head casing and hold it upside down on top of the side casings. Simply mark the second miter, as shown, and cut it. If the window is square and the cut flat, the head casing should fit perfectly every time.



**Q** How do I fix the uneven concrete floor in my basement before putting down engineered flooring?

—CHRISTOPHER CHANDLER, ARL

**A** To fix that uneven rid of the dips in your floor, you need a straight board at least 8 feet long and a pencil. Set the board on edge and move it across the floor, marking on it all the dips and low spots where the floor is uneven. Then mark the board with the pencil. The board will trace the unevenness of the floor, which you can fill with concrete patching compound and level it with a trowel.



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CONTACT Jennifer Burdick  
615.267.1770

**THE HISTORY** In the early 1900s, Cincinnati's South Farmington district was a rapidly expanding manufacturing hub, which lured throngs of French and German immigrants to settle here and start their new lives in America. Among them was John Kerb, who as a bakery downtown, Kerb overhired credit profits and bought adjacent lots in the area. In 1948, he built this handsome Colonial Revival on the land. Six years later he sold it to the Holsen company, and three generations of Holsens occupied the house over the next 83 years. Now, after sitting vacant for several years, the house must be moved to make way for a public, mixed-use project.

**WHY SAVE IT?** The sturdy house has two low-lying levels, decorative quoins, and a wood-frame third story with folk-art shingles in the gable. The well-preserved interior boasts a lavishly grained dining room, a cozy library, a kitchen, and its original moldings and casings.

**WHAT IT MEANS** The house is in good condition, but the main bathroom is missing fixtures and could be left from an overhaul of the plumbing. The new owner will incur the cost of moving the house to a permanent lot and setting its foundation. Hamilton County currently owns the house and accepting proposals to relocate it, which must be done by August 1. While it's an expensive undertaking, the asking price can't be beat—and it's not everyday you have the chance to move a charming old house to the perfect spot.

—PAUL HOPE



Stately brick Colonial Revival for a buck!



4) The four-bedroom one-and-a-half-bath house is 3,990 square feet; suitable lots in Cincinnati start around \$20,000. 5) The main staircase leads to bedrooms on the second floor. 6) A mahogany mantel, the fireplace's decorative surround is built wood. 7) The interior retains the original's rich hardwoods, tiled entries and floor moldings, and decorative wood-cornice-lined ceiling.



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